TRANSCRIPT FOR “EXCLUSIVE BREASTFEEDING (MOTHERS)"

<https://vimeo.com/96879857>

**Welcome to yet another great mothers’ discussion. We are going to talk about the gift of a lifetime that mothers can give to their children. You might wonder what the lifetime gift is. It is exclusive breastfeeding. Let us hear what mothers have to say about mothers who exclusively breastfeed.**

**A mother who exclusively breastfeeds is like a lion because she is strong and bold.**

**A mother who exclusively breastfeeds is like a cow because it breastfeeds its calf immediately after birth until it is old enough to eat grass.**

**When I breastfeed my child exclusively, my husband is pleased with me and the money that would have been used to buy milk for the child instead is used to get me more food and drinks.**

**After completing 6 months of exlcusive breastfeeding I felt so happy. It was my dream and I was sure my child would have good growth. Even my husband was happy and started providing more for us when I hit the 6 month mark. I am able to take care of the child with the support of my husband. Other women in the village have consulted me on how I managed to breastfeed exclusively. My in-laws are happy with me because they believe I am bringing up their child in a healthy way.**

**When my mother-in-law knows that I am exclusively breastfeeding, she sees me as a great and responisble mother who wishes the best for her child and raising the child well. Community members are in awe that I am able to exclusively breastfeed my child and they see me as a great mother.**

**As a mother, when I exclusively breastfeed my child I feel happy because my child is healthy and active. The child’s father too is proud because the child looks good and is healthy.**

**As a woman who exclusively breastfed her child, I see myself as a strong woman. My mother-in-law considers me a unique mother and my husband too looks at me as a virtuous woman who has taken good care of his child. The women in my village consider me a wise woman.**

**My mother-in-law is happy when I exclusively breastfeed her grandchild. My husband is happy because I do not have to bother him to buy milk or other foods for the child.**

**An exclusively breastfed child will be intelligent and achieve good growth and become and important person in the future like a member of parliament.**

**When a child is exclusively breastfed, they grow very fast, speak early and do things that make people think they are older than their actual age.**

**The driving factor behind a mother exclusively breastfeeding is the hope that it is the beginning of a good life for her child and also that a strong bond develops between them.**

**Having a child is a good thing and the first born child is a unique experience. I remember the time I had my first child, when I held her in my arms and the promises I made. Let us hear other mothers share their first child experiences and the promises they made.**

**When I had my first child, I called him blessed because people thought I would never have a child.**

**I was happy when I had my first child knowing that I had also given life. I had my child at the health facility and the nurse helped me and asked me to breastfeed my child. I was amazed seeing the child feed. It made me reflect back and confirm that this was exactly what my own mother did for me. I had so many lovely thoughts about my child’s future and I prayed to God to be my guide and help in raising my child to be able to achieve the dreams I had for her and I would be proud of her.**

**I was happy when I had my first child and I would sometimes feel like not letting him sleep for long. I would constantly check on him and sometimes wake him up just so I could breastfeed him.**

**When I had my first child I was so happy and immediately put the child on the breast and I continued exlusively breastfeeding til the child was 6 months.**

**I had my first child at a health facility and I was really happy that I also had one to call my own. The first thing I did was put him to my breast and I made a promise that I would exclusively breastfeed him til 6 months and I achieved this. After 6 months I introduced other foods however I still continued to breastfeed him til he was two years old. I also promised that regardless of my economic status I would do all that I could do to educate him so that he could be of benefit to me in the future.**

**When I had my first child and my husband was told that the child was born we were both very happy. I felt at peace and marveled that I had a child of my own. My husband was very happy and provided all I needed. I breastfed my child til two years when I weaned him.**

**When I had my first child and it was handed to me I felt a lot of love and joy and I immediately put him on the breast. I made a promise that I would take good care of him for as long as I lived and I prayed that he becomes a doctor.**

**When I had my first child I felt so happy and great because I had also become a woman.**

**A mother who does not breastfeed exclusively for the first six months of live would lose out. Let’s hear mothers talk about a mother who does not exclusively breastfeed.**

**A mother who does not exclusively breastfeed her child is like a rabbit because rabbits deliver their offspring and abandon them without breastfeeding regularly.**

**I would compare that mother who gives her child food before 6 months to a cat because it leaves its kittens in a nest and goes out to eat and sometimes gives its very young kittens what it eats.**

**That mother who does not breastfeed her child misses out on the love between them because during breastfeeding the bond between the mother and child is strengthened.**

**When you fail to exclusively breastfeed, your child’s growth will be affected and you will admire other people’s children because they will look better.**

**When a child does not exclusively breastfeed, he or she will not be lively and active and the mother will miss out on having an intelligent child. The child also will not recognize the mother as much since it is during breastfeeding that the baby and mother connect.**

**A child who does not exclusively breastfeed will have slowed growth and delayed development.**

**When a child is given other foods before 6 months they are prone to illnesses because the digestive system is not ready for other foods.**

**When a child is given foods before 6 months he will experience poor growth, frequent illnesses and the family will spend a lot of money to treat the child. These families will not be at peace.**

**A woman who does not exclusively breastfeed misses out on having a healthy child and the future benefits that come from having a healthy child.**

**I must choose to exclusively breastfeed my child for 6 months because breast milk will help him develop well and he will be a lively child.**

**When you put a child on the breast she looks up at you and you look at her. You play together, laugh together, so if you do not breastfeed you would miss out on all of this.**

**Exclusive breastfeeding is a gift in the life of a child. Let us hear what the health worker has to say about it.**

**A mother should initiate breastfeeding within the first hour of birth to ensure that the child gets the colostrum which is essential for the child’s growth. Proper positioning is important. Initially the breast milk might not be there, but a mother should go ahead to breastfeed the child as this is the way that the milk comes in. It is important for a mother to empty one breast before she turns the baby to the other breast so that all the rich milk is taken in. Breast size does not affect the quantity of milk produced. Breastfeeding creates a strong bond of love between the mother and her child. Posture is also important; a mother should be relaxed. Illness of the mother or travel should not be a a reason for a mother to stop breastfeeding. Exclusive breastfeeding is important, a child should not be given any prelacteal feeds like water, alcohol or soups.**

**Great mothers change the world. They provide their children with a gift of a lifetime and they help the children achieve their hopes and dreams. One of the precious gifts is exclusive breastfeeding. Thank you for being great mothers. We will meet next time.**