Exclusive Breastfeeding

https://vimeo.com/230954533

**SUMMARY**

The doctor at a health center greets a new mother and explains to her that when a baby is born they should immediately be breastfed, and that they should only receive breastmilk until they are six months old. The grandmother of the child arrives and the doctor explains the same thing to her, emphasizing all of the good reasons for breastfeeding and assuring that the baby does not need any water or other drinks. The doctor then explains different positions for breastfeeding and helps the woman practice. The women are convinced and agree to spread the word about exclusive breastfeeding in their community. Later, the father enlists the help of others in the household to support the new mother: including helping her with cooking, fetching water, and receiving two extra meals each day.

**TRANSCRIPT**

Doctor: Good morning.

Breastfeeding woman: Good morning Madam.

Doctor: How do you do?

Doctor: Ok, when should a child receive their first nursing? Once a child is born, before cutting the umbilical cord, they should be placed at their mother’s breast so they can benefit from the first milk (colostrum) that will protect them against several diseases such as diarrhea, colds … A baby should only be fed breast milk. They must not be given traditional medicine or water, only breast milk until the age of 6 months.

**First Question: What should we feed a child from birth?**

**First Answer: When a child is born, even before the umbilical cord is cut the mother should begin to breastfeed to ensure they get colostrum.**

Doctor: So, do not agree to give other foods to your child, even if grandmothers tell you to give other foods to your child rather than breastmilk. Whatever happens to your child, take him to the hospital; it us up to us [doctors] to tell you how to care for them, but don’t listen to the advice of grandmothers on the child's diet.

Grandmother: Good morning Doctor

Doctor: Good morning.

Grandmother: How are you?

Doctor: I am fine and you?

Grandmother: I’m fine too. Fatim—here is my little grandon! I am very happy with the baby, Fatim. He is my darling, let me see him. I'm very proud. But I told you not to give him first maternal milk, did you breastfeed? Because he must first get the traditional medicine. After that, you can start to give him breast milk.

Hey, doctor what’s going on?

Doctor: Please.

Grandmother: OK.

Doctor: Currently, when a child is born, he must only receive breastmilk until the age of 6 months, the first breast milk should protect child against several diseases, so I would like that when you return home, you help to educate other members of your family.

Grandmother: Doctor, I agree, but when you tell me to not give water to a newborn, how will he survive?

Doctor: An infant should be fed exclusively breast milk that contains water, milk and cream.

Grandmother: Ah OK.

**Second Question: What is to be given to a child for the first 6 months?**

**Second Answer: A child should be fed at the breast until he's 6 months. We should not give him water or other foods.**

Doctor: How long should a child stay on one breast? When a child begins to suck, he must be given as much time as he needs to finish one breast before giving him the second breast; because in breast milk there is water, milk and cream, so we leave him until he gets all these elements in one breast. Otherwise, it will cause him health problems. So give him time to receive all these elements (water, milk and cream).

**Third Question: How long should a child stay on a breast?**

**Third Answer: A child should empty all the liquid from the breast before switching them to the other breast.**

Doctor: But let me show you how to breastfeed a child

Grandmother: OK.

Doctor: Look at these images. Do you see this image, this woman, that woman, that other woman?

Grandmother: Yes, I see.

Doctor: These are the ways to breastfeed a child. Bring out the breast and let’s practice. When breastfeeding, make sure the child is close to you, this will help you avoid back pain and encourage bonding.

The child will see your face and will laugh; you do the same thing too. You can lie in bed, sit on the bench to breastfeed the child and help you reach things you need without any problems. Please mothers, let me show you how to breastfeed a child when she is lying on the bed. Here is how, when you are lying on the bed. This one is another way, okay? Oh keep calm! Mother-in-law, you can come, sit down..

Grandmother: OK.

Doctor: Now, please help me. When you get home, you will inform your acquaintances, neighbors and relatives to avoid giving other foods—even simple water—to a newborn until they are 6 months. They must only be breastfed.

Grandmother: Doctor, the information and methods that you’ve shown me here have been good for us. Because we did not know all this, we are used to giving water to a newborn before breastfeeding, but Doctor I promise you that this will never happen again. We'll just breastfeed the child now, as soon as it is born.

Fatim did you hear that?

Fatim: Yes, I have heard.

Grandmother: When we arrive at home we will inform our parents about this information.

Doctor: I am happy.

Grandmother: When a mother now gives birth, she has to breastfeed the child immediately to give him strength.

Doctor: Ma, thank you very much. I am very happy, I am leaving you now.

Grandmother: OK, Doctor, thank you too, for your information. Hey! We have understood.

Tiranké: Hurry up.

Grandmother: Foulematou, Are you sitting here? Did you breastfeed the baby? According to the doctor, it’s important and you must breastfeed your infant. You personally as the mother must have some of these foods in your diet, like: Cucumber, tomatoes, avocado, oranges, fish, potatoes, groundnuts, cabbage, milk powder, eggs, cowpeas, etc. These will help you with vitamins while breastfeeding your infant. Do you understand?

Nursing mother: Yes, I understand.

Grandmother: We are used to eating three times a day, but as a breastfeeding woman, you must add two additional times, that is to say, five times per day to take care of not only the baby but yourself. Right now your diet is different from ours, so that you can breastfeed the baby well. Do you understand?

Nursing mother: Yes, I understand.

Grandmother: That’s it.

**Fourth Question: How many times a day should a breastfeeding woman eat?**

**Fourth Answer: In addition to the three daily meals, we must add two more meals, to make 5, including foods like meat, peanuts, fish, fruits and vegetables.**

Father: Hey! Ha! That is good, Mother! That is really good.

Grandmother: Of course.

Father: Tiranke, you know, your sister gave birth, therefore, take care of cooking the food. OK?

Tiranké: OK.

Father: Domany?

Domany: Yes.

Father: Each morning, you must sweep the compound and help your mother to wash the dishes.

Domany: OK.

Father: Aly, you too, each morning, you must fetch water from the well; the well is not far from here, to help your mother to do her work. These are the work of everyone, ok?

Aly: Ok.

Father: Mother, take care of your daughter-in-law, ok?

Grandmother: Ok, I will do that, by the grace of God.

Father: Ok, mother, I am coming, take care of the family.

Grandmother: Ok.

Father: Dear parents, when a child is born, from their birth, before cutting the umbilical cord, you must put them to their mother’s breast to allow them to benefit from the colostrum. This will help the child to be protected and safe. After that, continue breastfeeding until the age of 6 months. We need to add two intermediate meals on the three other daily meals of nursing women.

We also need to diversify the diet of a nursing mother with meat, eggs, oranges, bananas, cucumbers, tomatoes, peanuts, cowpeas, that will energetically balance the infant and breastfeeding mother. Here is what I had to tell you.

Thank you.

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