**Importance of exclusive breastfeeding.**

* In this video we have discussed about the importance of exclusive breastfeeding. The second phase of the first 1000 days starts after birth of the baby till 6 months which is 181 days. In this period we should exclusively breastfeed the child.
* Banalata Nayak , Shibani Nayak, Jagyasini Nayak, Kusmita Nayak, Sara Nayak
* Kanak Hathi VDG.
* Hey my sweet.
* Look this side.
* What are you doing bhauja?
* Caressing my baby.
* Caressing your baby.
* You are ready to go somewhere or what?
* My sister’s baby has turned 2 months old, so I am going to see them.
* What all are you carrying?
* Mangoes, leafy vegetables and tomato.
* You are going to take these or what?
* I will take them.
* Ok, I will also accompany you.
* Come.
* Kuni how come you have visited me?
* I have come to meet you.
* How old is your daughter?
* She is 2 months old.
* What were you talking?
* It is so hot nowadays, I was discussing about that with mother-in-law.
* It is so hot now, feed my granddaughter with water, talk later.
* No mother Anganwadi didi has told me not to feed the baby less than six months with water, only breast milk should be given.
* You don’t know anything. Feed the small baby with water, it is so hot.
* See Kuni mother does not understand, please explain it to her. She tells me again and again to feed the baby with the water.
* No mother, sister has done right, small babies less than six months should be fed with breast milk. Water should not be given.
* What have you given your child?
* My milk.
* After the birth of the child, you should feed the baby with colostrum. I had also fed my baby with colostrum .Kanak didi knows more about this, is it not Kanak didi?
* Yes aunty, I had taken a two day training program at VARRAT Erendei on nutrition of the mother and child.
* Mother’s Colostrum works to protect the baby, so colostrum should be fed within the first hour of birth. It protects the baby and helps to pass first dark stool. Therefore should be fed with colostrum. The baby should not be fed with water, honey etc.
* Question: What should a baby be fed within the first hour after birth?
* Answer: A Baby should be fed with breast milk within one hour after birth.
* Baby should be given only breast milk and should not be given water, honey etc.
* Kuni, how old is your daughter? What are you feeding her? She looks healthy and strong.
* My baby is 6 months old, I am feeding her with my breast milk. The child does not suffer from any disease. You feed your baby with only breast milk till six months, she will not suffer from any disease and will be healthy and strong.
* Babies till six months should not be given water, give only breast milk.
* Mother milk contains adequate amount of food and water.
* Therefore baby should not be given water; she can get everything adequately from mother’s milk.
* Aunty did you understand? Just now you were telling about feeding the baby with water, baby should not be given water. By giving water a baby will get affected by many diseases, and will fall ill again and again.
* So whenever you think that the baby is thirsty, ask your daughter- in-law to breast feed the baby. Never give water.
* QUESTION: What should babies be fed during the first six months?  
  ANSWER: Babies should be fed only breast milk during the first 6 months.
* Breast milk is a complete food for baby. It gives the baby all the food and water they need during the first 6 months; even water is not required during hot weather.
* Ok sister, you said that your baby is 2 months old. How many times are you breastfeeding the baby?
* I don’t remember. I always keep busy with work. I Breastfeed for a little while and again have to do the work.
* Didi this is not correct, I am feeding my baby frequently day and night. Kanak didi explain about this.
* Yes bhauja she is correct, the baby is growing. Breast milk provides energy to the baby so you should breast feed the baby frequently, day and night whenever the baby demands. Breastfeeding frequently helps mother to produce more milk and thus meet the requirements of the baby.
* Aunty did you understand? The more she will breastfeed, the more milk will be produced and I have explained you a little before that mother’s milk contains adequate amount water and food. So mother should breastfeed your granddaughter frequently, then she will grow faster and be healthy.
* Question: How often should a mother breastfeed her baby and why?
* Answer: A mother should breastfeed the baby frequently, ‘on demand’, both day and night.
* Breastfeeding frequently helps the mother to produce more milk and meet the requirements of the baby.
* One more thing didi, give time while breastfeeding. Feed the baby from one breast and then feed from the other breast. Because the milk which comes first is watery (fore milk) and then comes thick milk (hind milk). The fore milk has more water in it, while the hind milk has fats and nutrients.
* Both are required for the baby; water in the milk quenches the thirst of the baby while fats in the milk help in weight gain. Therefore after feeding the baby from one breast then switch over to the next breast for feeding the baby.
* You have told me a good thing, I didn’t know this. From now I will feed my baby from one breast and after that I will feed from the other breast. I am feeling that my milk is insufficient.
* Mother should sit in correct posture, hold the baby properly and breastfeed the baby with correct attachment. By which the baby can easily feed from the breast and mother’s milk will flow properly.
* Didi I explained a little before that the more you breastfeed the baby, more milk will be produced. Do not worry about that and start breastfeeding the baby frequently, you will produce more milk. Don’t give any other foods like breast milk substitutes, cow’s milk, water, honey etc. By giving these the risk of infection will be increased and the baby will be affected by malnutrition.
* You told me that you are having less milk, how did you know that you have less milk?
* See the baby is thin and crying again and again. Therefore I am thinking that milk is less.
* Ok didi, tell me how many times your baby is urinating in a day?
* 8 to 10 times in a day.
* If a baby passes urine 6 to 7 times a day and is gaining a minimum of 500 grams per month then we can know that the baby is getting enough breast milk.
* Your baby is urinating 8 to 10 times, it means that your milk is sufficient. You just feed the baby from one breast for longer duration so that the baby receives the hind milk, and will also gain weight.
* Even if a baby or mother is sick, you should not stop giving breast milk. Mother’s milk strengthens the immunity of the baby and helps the baby to grow.
* Aunty your daughter-in-law is looking very thin. As she is breastfeeding, therefore she should eat two meals extra per day, meat, fish at least 2 to 3 times per week, seasonal ripe fruits, fresh vegetables, drink adequate water and also eat the Chatua which is available from the Anganwadi centre.
* Didi I have got something for you.
* Didi please give those things.
* From our kitchen garden green leafy vegetables, tomato, and mangoes.
* By eating these you will be healthy and strong and the baby will also be healthy and strong.
* Take these.
* Aunty give her all these foods to eat, ask your son to provide her nutritious food from the market as well as kitchen garden. Ask the family members to share the workload with her, so that she can be healthy and the baby will also be healthy.
* You said good things. I will help my daughter in law and will not ask to feed my granddaughter with water.
* Thank you all for sparing time and helping us, you also knew about a lot of things. Now we are going.
* Today we knew about exclusive breastfeeding from the birth of a child till six months. Mother’s milk is a complete food for the baby, therefore a baby does not even need water during the hot weather. Do not give water, honey, milk substitutes to a baby during six months and then a baby can be healthy. Breastfeeding frequently helps the mother to make more milk and meet the requirements of the baby. Therefore I request the family members to be aware and provide the mother with nutritious food, share work load and help in exclusive breastfeeding the child.
* Thanks.