**Managing exclusive breastfeeding by working mother**

* In this video we have discussed about how a working mother can work and still continue to exclusively breastfeed her baby (less than six months of age). This is an important phase of the first 1000 days.
* Bariala Majhi
* Basanti Majhi
* Kamala Majhi
* Sundari Majhi
* Jayanti Mahanta (CRP)
* Village – Begunakhaman
* Sister-in-law where have you gone?
* I have gone to the field.
* Is the baby fine?
* Yes, fine.
* Is your health fine?
* Yes, fine.
* How old is your baby?
* 2 months.
* Is it 2 months!
* Yes
* How are you leaving a 2 month old baby and going to the field?
* If I don’t do the work, then who else will do the work?
* Oh!
* You should not leave a 2 month old baby and go to the field because, till six months the baby has to be exclusively breastfed.
* Work is going on. If we don’t finish work then how can we eat?
* Today’s weather is not good; therefore I have finished the work and have come early. If tomorrow the weather turns good then I have to work more.
* The baby must be hungrier then.
* How will it work, if you do like this?
* Your baby is breastfeeding. You should eat 2 extra meals per day. Eat the Chatua available at Anganwadi centers. In addition to that you need to eat fish, meat and egg.
* Let’s go. As I am going that side, I will meet and talk with your family.
* Ok let’s go.
* Sister, come and sit. All of my family members are present.
* Oh that’s good, all the family members are present here. I have to speak about an important thing.
* Today I have come to discuss about an important thing with you. Sister-in-law is going to the field to work. The baby is younger, not even six months.
* The baby must be fed with only mother’s milk till six months and continue to be breastfed till 2 years.
* If the baby is given water, honey or breast milk substitutes then the baby will suffer from diseases and may get affected by malnutrition.
* As sister-in-law is going to work, therefore you need to think of a solution.
* There is no one at home. So daughter-in-law has to work.
* I can’t work. Daughter-in-law has to work.
* She has to work now as mother can’t go to the field. You have to suggest us a way “How she can work as well as breastfeed the baby?”
* See, before going to work in the fields in the morning and after coming back in the evening and in the night she can breastfeed the baby for more number of times and for longer duration. By this the requirement of the baby will be fulfilled. Mother will also produce milk properly and more milk will flow.
* **Question: How a working mother can breastfeed her baby?**
* **Answer: When a mother is with her baby, “in the morning and night” she can breastfeed** **more number of times and for longer duration.**
* Sister-in-law since when have you breastfeed the baby?
* Since 2 hours.
* Then she must be crying.
* Yes, she must be crying.
* Have you fed the baby girl with anything else?
* No we have not given her anything.
* Ok go and get the baby.
* I am going
* She might be hungry, ok feed her.
* Sister-in-law whenever you breastfeed her, don’t feed her in hurry. Give more time while feeding. Breastfeed her in a way that, she can suck milk and milk will flow from the breast properly. Feed the baby from one breast and then feed from the other breast, so that the baby will be able to get both “the fore and hind milk”.
* She will get water from fore milk and food from hind milk.
* Nini you said that “feed more number of times and for longer duration”. I am going to the field and also working at home. How can I get so much time?
* I have come to discuss about that only.
* Now the mother needs rest and nutritious food. You said that you are going to the field and also working at home, for that the family members should help you in farming activities, getting water, cutting wood etc. The workload should be reduced during the first six months.
* Ok brother, you said that she will have to work in the fields and also work at home. As there is work at home and nobody else to work. So you all tell me that how can she work in the fields, at home and still continue to breastfeed and take care of the baby.
* We are four people and if she goes to work, anyone from three of us will go to her intermittently to breastfeed the baby.
* When she will go to work in the fields, anyone from home will carry the baby. Till the mother is working in the fields they will stay there.
* Brother you said it rightly. It was a good suggestion. When she is going to work outside in the fields, someone will carry the baby and be with her, so that nothing else is fed to the baby but only breast milk or
* Someone can bring the baby intermittently to the field for breastfeeding.
* **Question: How can families’ best support mothers so that they can exclusively breastfeed their babies until 6 months and continue to breastfeed till the baby is about 2 years?**
* **Answer: Family members can share in the mother’s workload in the house and outside house also.**
* **A family member can bring the baby intermittently to the workplace of the mother for breastfeeding or**
* **A family member can accompany the mother to the workplace with the baby so that mother can breastfeed the baby frequently.**
* There is another way where we can stay at home and still feed the baby.
* Mother can express milk in a clean bowl before leaving for work. Baby can be fed from that whenever the baby wants. If we do not express milk from the breast, then mother’s breast will become hard and it will be painful for the mother and the baby will not be able to suck mother’s milk. This will also hamper the process of milk production in the breast of the mother.
* You told me that before going to work I need to express milk from the breast. Tell me how should I do that?
* Listen, I will tell you. When you are expressing milk, first clean your hands and use a clean bowl. Wait I will show you.
* Slowly massage breasts with hand put your thumb on the breast above the dark area around the nipple (areola) and the other fingers on the underside of the breast behind the areola.
* Milk may start to flow in drops, or sometimes in fine streams. Collect the milk in the clean container.
* Store the collected milk in a clean, covered container and keep in a cool place.
* Pour the collected stored milk in a clean container and with the help of a clean cup/bowl and spoon, caregivers like mother-in-law, father or anybody from the family can feed the baby.
* The milk that you will express can be fed to the baby in between 6 to 8 hours. Don’t give after that.
* In our rural areas there is no refrigerator, or else the expressed milk could have been used in between 24 hours. In our rural areas, we can feed the expressed breast milk within 6 to 8 hours, which is also good for the health of the baby.
* ok
* **Question: Why is learning “how to express breast milk for her baby” important for a mother?**
* **Answer: Expressed breast milk can be given to a baby when the mother is away and expressing helps the mother maintain her milk supply.**
* Nini, you told about keeping the milk in a container. How should we feed the baby?
* The container in which you will keep the expressed milk, from that pour milk into a clean bowl and then feed the baby with a spoon. So that the baby can be fed, not everything at once. Feed the baby in little amounts by spoon.
* You will not only feed the baby, other members of family will also feed the baby, so ask everyone to maintain cleanliness and hygiene while feeding the baby.
* Nini I have heard from the people about breast milk substitutes and bottle milk. What will happen if I give those things to the baby when I go out to work?
* Bottle milk and breast milk substitutes should never be given to the baby. Mother’s milk has power to protect against diseases but breast milk substitutes don’t have that.
* Therefore breastmilk substitutes should not be given to the baby. If we give that, then the baby will get sick again and again.
* If we give bottle milk, bottle cannot be cleaned completely and if the baby drinks milk from that bottle then the baby will get sick again and again.
* Nini from where have you learned the things you said?
* At Erendei, VARRAT we got a two day training on mother and child nutrition. This two day training programme was organised by VARRAT, Digital Green and SPRING.
* Sister, I have heard and understood the things you were saying since then.
* I will try to reduce the work of sister-in-law.
* Nini I did not know about this. Thanks for making me understand about the baby. I understood that.
* From now when I will go to work, firstly I will feed the baby and then go to work. If I am working at home then also I will breastfeed the baby. And if I go outside, then I will express some milk in a bowl and keep it. Whoever is there at home they will feed that expressed milk to the baby.
* It’s good that you came to know. Please help her in work both outside the home and inside the home. You have Mother-in-law, sister-in-law, husband, everyone will help her.
* Ok I am going.
* Today we came to know about “how a working mother can exclusively breastfeed her baby?” Firstly a mother before going to work and after coming from work in the morning, evening and night will breastfeed the baby more number of times and for longer duration. Secondly members of the family can take the baby to the workplace of mother to breastfeed the baby intermittently or anyone from family will stay in the workplace of the mother with the baby, so that the baby can be breastfed whenever the baby wants. Thirdly the mother can express breast milk and keep it in a clean covered container for 6 to 8 hours. Family members can feed the expressed milk to the baby in a clean bowl and spoon. I request everyone to exclusively breastfeed the baby for six months and do not give water or honey.
* Thanks