

The Importance of Exclusive Breastfeeding: Kyrgyz Republic Television Spot

This is Aigul, and her baby, Adyl. Adyl has been growing really well because Aigul has been breastfeeding him exclusively since he was born. That means she has not given him anything else to eat or drink but breast milk. Breast milk contains all the elements necessary for a child's health, including building immunity from diseases. Adyl, and all babies, need no additional water, food or formula from birth to six months. This is Aigul's husband, Kairat. Kairat has really encouraged Aigul to exclusively breastfeed Adyl. He is such a proud papa! Not that Adyl has reached six months, Aigul will continue breastfeeding him, but will also start introducing new foods to Adyl. Teaching babies to eat new foods at six months is critical for their health and mental development. Start with soft foods, and avoid sugary foods. Use thick rice, buckwheat and cereal porridge, noodles, mashed potato, chopped up, not fatty meat, liver, fish, boiled eggs and beans. Aigul and Kairat know that soon Adyl will want to eat the same food you eat. Just ensure soft and safe consistency. The food should be thick enough so it does not slide off the spoon, to make sure Adyl is getting enough energy and nutrients in what he eats. Adyl's stomach is quite small, so Aigul feeds Adyl solid foods three times a day, and feeds him a snack, like mashed fruit or vegetable, once a day. Kairat likes to help feed Adyl too. When Adyl is nine months, Aigul and Kairat will continue to feed Adyl three times a day, and they'll feed him two snacks a day to make sure he has energy for all the things a growing baby likes to do. Adyl will just be learning what all these foods taste like and he's also learning a lot of the other things about the world. Aigul and Kairat know that feeding him takes patience and tenderness. They both love having the time to interact with Adyl, and they make it a positive and enjoyable experience for him. Kairat and Aigul have learned from their doctor that it is necessary to give the baby different types of foods, chopped up meat, eggs, or fish, and fruits, dark green leafy and other vegetables, to make sure they get all the necessary vitamins and nutrients like vitamin A, vitamin C, iron, and zinc. They know that giving Adyl proper nutrition is a gift of love that will last his whole lifetime. Proper nutrition is important for all babies to grow physically and mentally, to learn, to be active, and to protect them from illnesses. Isn't Adyl lucky that Aigul and Kairat take such good care of him? You can also give the gift of nutrition to your child by consulting with your health care provider about the best way to feed him or her. A healthy generation is our responsibility.