

Benefits of Breastfeeding

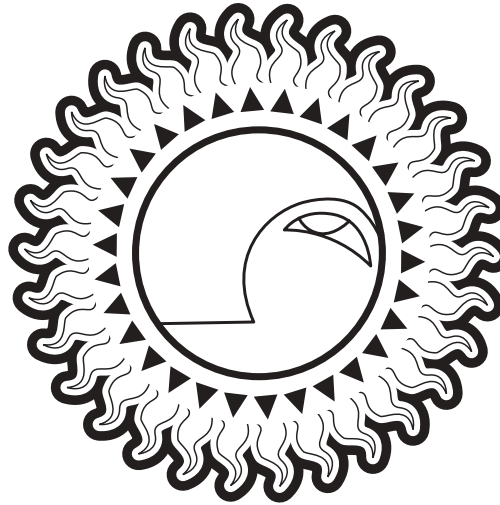
Human milk is the perfect food for human babies.

Breast milk is:

- ▶ Cheaper than formula
- ▶ Always ready
(no mixing or equipment needed)
- ▶ Perfectly clean
- ▶ At the right temperature

Who benefits from breastfeeding?

The entire family! Because together they support a natural and healthy way of feeding the new member of the family. Breastfeeding is good for mom and baby in many ways. Your clinic is ready to help you with your breastfeeding questions or concerns.



The elders speak:

“When there was no babysitter,
I used to take my child with me
to get moss. Moss is what I used
for diapers. I used a shawl to carry
my child on my back.
On my way back, if my baby cried,
I would stop and breastfeed
my baby. I did this even when
I was gathering wood.” (C.R.)



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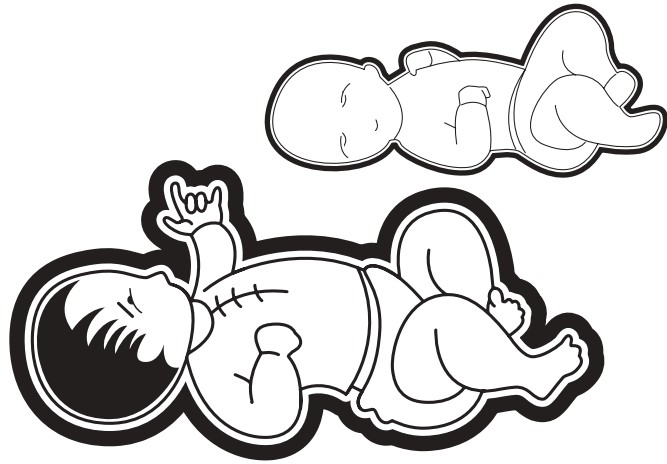
Version française disponible



Child Development – Month Old



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Your baby may be able to:

- ▶ Latch on well to your breast and suck well
- ▶ Look at faces
- ▶ Turn her head one quarter turn when on her back
- ▶ Look at objects held close to her face; watch the object move from side to side
- ▶ Respond or startle to noise
- ▶ Make small noises
- ▶ Make matching movements with both sides of her body



You can help your baby develop with these activities:

- ▶ Pick him up and rock him often
- ▶ Hold him while walking, so that he can see different things as you move around
- ▶ Pat or rub him gently when changing diapers, bathing, or feeding him
- ▶ Change his position often
- ▶ Play music
- ▶ Put a mobile above his crib
- ▶ Put him on his tummy on a firm surface to play (turn him over to his back if he falls asleep)



You can help your baby learn to speak with these activities:

- ▶ Talk to your baby about things that are going on around her, or about what you are going to do together – in the house, at the store, bath time, etc.

