

How do I know that my baby is getting enough breast milk?

- The baby is gaining weight: According to the growth chart (weight for age) the baby is growing well.
- The baby has about 6-8 wet nappies in 24 hours.
- The baby is happy and satisfied.

What if I cannot breastfeed my baby at the breast?

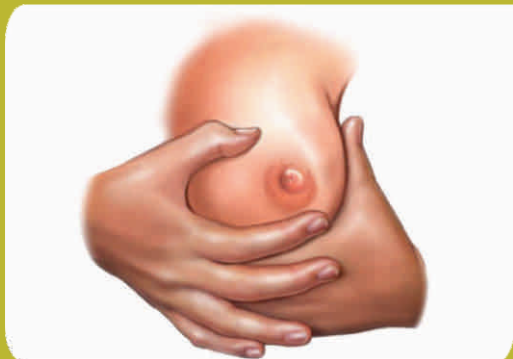
You can express your breast milk when:

- your baby goes to the neonatal unit
- you are discharged before your baby
- you are going back to work or study.

Important when expressing:

- Wash your hands.
- Use a clean container.
- Expressed milk must be kept cool.
- Cup feed the milk to your baby.

Speak to your healthcare provider for more information on hand milk expression.



Partners for successful breastfeeding

Healthcare workers can support the mother by:

- placing her baby skin-to-skin with her immediately after birth for at least an hour
- helping the mother to start breastfeeding within the first hour after birth
- keeping mother and baby together in the same room while in hospital (rooming in)
- not separating a mother and her baby unless there is a medical indication
- assisting the mother to position and attach her baby for successful breastfeeding.

Family and friends can support a mother by:

- respecting and supporting her decision to breastfeed
- respecting and supporting her decision to express her breast milk
- refraining from offering outdated advice
- assisting with household duties and caring for her other children.



Western Cape Government Health
Facility Based Programmes
Sub-directorate: Integrated Nutrition Programme
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Exclusive Breastfeeding / Feeding smart from the start

Babies need breast milk without any other food or fluid for the first 6 months of life. Thereafter introduce nutritious foods and continue to breastfeed for 2 years and beyond.

Why must I breastfeed exclusively?

Breastfeeding will assist with your baby's brain development.

Breastfeeding will assist with your baby's teeth and jaw development.

Breastfeeding helps you to get to know your baby.

Breastfeeding is good for the mom because it:

- helps to decrease bleeding after birth
- decreases the chances of developing breast and ovarian cancer
- helps with weight control after pregnancy.

Why does my baby need breast milk?

The first milk produced by the breast is a sticky, yellow-white early milk (colostrum) and should be your baby's first food. It is normal for mothers to produce only a small amount of colostrum. This milk is rich in protective factors and vitamins and acts as your baby's first immunisation.

Other benefits of colostrum are that it:

- helps the baby to pass the first stool
- decreases the chances of developing jaundice

Breast milk contains **ALL** the necessary nutrients (vitamins and minerals) for good growth

No extra fluids (such as water, tea, formula milk, traditional medicines and home remedies) or foods are needed during the first 6 months of your baby's life.

Breast milk is your baby's natural food and helps protect your baby against malnutrition, chest infection and tummy bugs (such as diarrhoea).

Breast milk is available at all times (day and night) and is easily absorbed by your baby's tummy.

When do I start breastfeeding?

The best time to start breastfeeding is soon (in the first hour) after birth while your baby is lying skin-to-skin with you. This is the time when your baby's sucking reflex/action is at its strongest. Most newborns are ready to find the nipple and start breastfeeding within the first hour after birth.

Most babies will be placed skin to skin after birth which encourages mother-baby bonding and a good start to successful breastfeeding.

How do I breastfeed?

Most mothers can breastfeed effectively with positive support from healthcare providers, family and friends. Baby will usually feed at one breast until content and satisfied. Switch to the other breast at the next feed or if baby wants to continue feeding.

Positioning:

Holding your baby correctly makes breastfeeding easy:

- Mother must be comfortable
- Remove all barriers (extra blankets and clothing) between the mother and baby.
- Baby must be held close ("hugged") to the mother.
- Mother's arm must support the baby.
- The baby's ear, shoulder and hip should be in a straight line.
- Avoid pushing the baby's head towards the breast.



You can prevent painful nipples by attaching your baby to the breast correctly:

- The baby's mouth is wide open
- The lower lip is curled outwards.
- More areola (darkened area around the nipple) is visible above the baby's mouth than below it.
- The baby's chin must touch the mother's breast.

Suckling

Correct suckling help babies get enough milk. You know your baby is suckling correctly when:

- the baby's cheeks are full and round, not drawn in
- deep suckling and swallowing sounds can sometimes be heard.

Why is it best to feed my baby whenever he or she wants to feed?

Feeding your baby often encourages a good milk supply and ensures a satisfied and happy baby.

- Feed your baby in the day and night.
- Feed whenever your baby wants to feed
- Feed your baby for as long as your baby wants to feed
- Allow the baby to end the feed.

Feeding cues

If your baby is hungry for a feed, he or she will:

- search for the mother's breast (rooting)
- make suckling sounds
- turn the head from side to side
- put the hands or fingers in the mouth
- moan or cry.

Hoe weet ek dat my baba genoeg borsmelk inkry?

- Die baba tel gewig op: Volgens die groei kaart (gewig vir ouderdom) groei die baba goed.
- Die baba het ongeveer 6 tot 8 nat doeke in 24 uur.
- Die baba is tevrede en gelukkig.

En as ek nie my baba aan my bors kan laat voed nie?

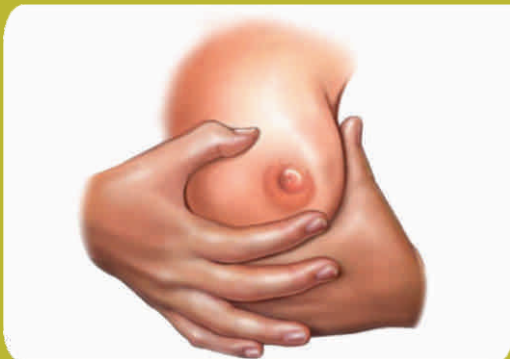
Jy kan jou borsmelk uitmelk wanneer:

- jou baba na die neonatale eenheid moet gaan
- jy voor jou baba ontslaan word
- jy teruggaan werk of klas toe.

Belangrik as jy uitmelk:

- Was jou hande.
- Gebruik 'n skoon houër.
- Uitgemelkte melk moet koel gehou word.
- Voed die melk aan die baba met 'n koppie.

Praat met jou gesondheidswerker vir meer inligting oor uitmelk met die hand.



Vennote vir suksesvolle borsvoeding

Gesondheidsorgwerkers kan 'n ma help deur:

- haar baba vel-teen-vel by haar te plaas net na geboorte vir ten minste 'n uur
- die ma te help om te begin borsvoed binne die eerste uur na geboorte
- die ma en baba in dieselfde kamer te hou terwyl hulle in die hospitaal is (kamerdeel)
- nie die ma en baba van mekaar te skei nie, be halwe as dit medies aangedui is
- die ma te help om die baba te posisioneer en aan te heg vir suksesvolle borsvoeding.

Familie en vriende kan 'n ma ondersteun deur:

- haar besluit om te borsvoed, te respekteer
- haar besluit om haar borsmelk uit te melk, te respekteer en te ondersteun
- nie uitgediende raad aan haar te gee nie
- haar met huishoudelike take te help en na haar ander kinders om te sien.



Wes-Kaapse Regering Gesondheid
Fasiliteitsgebaseerde Programme
Subdirektoraat: Geïntegreerde Voedingsprogram
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Wes-Kaapse
Regering

Gesondheid



Uitsluitlike Borsvoeding / Slim voeding van die begin af

Vir die eerste ses maande van hul lewe, het babas borsmelk sonder enige ander kos of vloeistof nodig. Daarna moet 'n baba aan voedsame kos blootgestel word terwyl borsvoeding voortgaan tot op 2 jaar en daarna.

Hoekom moet ek uitsluitlik borsvoed?

Borsvoeding sal help met die ontwikkeling van jou baba se brein.

Borsvoeding sal help met die ontwikkeling van jou baba se tande en kakebeen.

Borsvoeding help jou om jou baba te leer ken.

Borsvoeding is goed vir die ma want dit:

- help om bloeding na geboorte te verminder
- verminder jou gevaar om bors- en eierstok kanker te kry
- help met gewigsverlies na swangerskap.

Hoekom het my baba borsmelk nodig?

Die eerste melk wat die bors vervaardig is klewerige, geelwit vroeë melk (kolostrum) en behoort jou baba se eerste kos te wees. Dit is normaal vir ma's om net 'n klein hoeveelheid kolostrum te vervaardig. Hierdie melk is ryk aan beskermende faktore en vitamieë en dien as jou baba se eerste immunisasie.

Nog voordele van kolostrum is dat dit:

- die baba help om die eerste stoelgang uit te skei.
- die gevaar verlaag dat die baba geelsug ontwikkel.

Borsmelk bevat **AL** die nodige voedingstowwe (vitamieë en minerale) vir goeie groei.

Geen ekstra vloeistowwe (soos water, tee, formulemelk, tradisionele medisyne en boererate) of kos is nodig vir die eerste 6 maande van jou baba se lewe nie.

Borsmelk is jou baba se natuurlike kos en help om jou baba te beskerm teen wanvoeding, lugweginfeksies en maagkwale (soos diarree).

Borsmelk is altyd beskikbaar (dag en nag) en word maklik opgeneem deur jou baba se maag.

Wanneer begin ek borsvoed?

Die beste tyd om te begin borsvoed is kort (binne die eerste uur) na geboorte, terwyl jou baba vel-teen-vel by jou lê. Dit is die tyd wanneer jou baba se suigrefleks/-aksie op sy sterkste is. Die meeste pasgeborenes is gereed om die tepel te soek en te begin borsvoed binne die eerste uur na geboorte.

Die meeste babas sal na geboorte vel-teen-vel met die ma geplaas word, wat 'n emosionele band tussen ma en baba en 'n goeie begin vir suksesvolle borsvoeding aanwakker.

Hoe borsvoed 'n mens?

Die meeste ma's kan doeltreffend borsvoed met die positiewe ondersteuning van gesondheidswerkers, familie en vriende. Die baba sal gewoonlik aan een bors voed totdat hy of sy tevrede en versadig is. Skakel dan oor na die volgende bors by die volgende voeding, of as die baba wil aanhou voed.

Posisionering:

Borsvoeding is maklik as jy jou baba reg vashou:

- Die ma moet gemaklik wees.
- Verwyder alle versperrings (ekstra komberse, klere) tussen die ma en baba.
- Die ma moet die baba naby haar hou ("omhels").
- Die ma se arm moet die baba ondersteun.
- Die baba se oor, skouer en heup moet in 'n reguit lyn wees.
- Moenie die baba se kop teen die bors forseer nie.



Jy kan pynlike tepels voorkom deur jou baba korrek aan die bors te heg:

- Die baba se mond is wyd oop.
- Die onderlip krul uitwaarts.
- Meer areola (donker area rondom die tepel) is bo die baba se mond sigbaar as onder.
- Die baba se ken moet aan die ma se bors raak.

Suiging

Korrekte suiging help babas om genoeg melk in te kry.

Jy weet jou baba suig reg as:

- die baba se wange vol en rond is, nie in gesonke nie
- diep suig- en slukgeluide soms gehoor kan word.

Hoekom is dit die beste om my baba te voer elke keer wat hy of sy wil?

As jou baba gereeld voed, stimuleer dit jou melkproduksie, en sal jou baba tevrede en gelukkig wees.

- Voed jou baba bedags en snags.
- Voed jou baba elke keer wat jou baba wil voed.
- Voed jou baba vir so lank as wat jou baba wil voed.
- Laat jou baba self die voeding beëindig.

Voedingstekens

As die baba honger is vir borsmelk, sal hy of sy:

- soek na die ma se bors ("rondsnuffel")
- suiggeluide maak
- die kop heen en weer draai
- die hande of vingers in die mond sit
- kerm of huil.

Wazi njani ukuba umntwana wakho uyonela lubisi?

- Umntwana uyakhula kakuhle ngokwetshati yokukhula komntwana.
- Umntwana uba namanapukeni amanzi ama-6 ukuya kwasi-8 ngemini.
- Ukwaneliseka kwanokonwaba komntwana.

Ukuba akukwazi kumncancisa umntwana wakho ebeleni

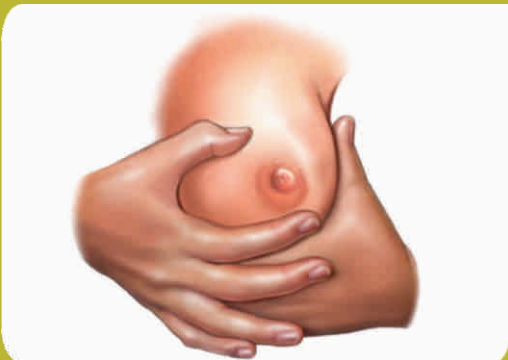
Ungalukhama ubisi emabeleni:

- Umntwana wakho usiwa kwiyunithi yeemveku.
- Ukhululwa phambi kokuba umntwana wakho aphume esibhedlele.
- Ubuyela emsebenzini okanye esikolweni.

Imiba engundoqo xa ukhama ubisi:

- Hlamba izandla
- Sebenzisa into yokugalela ecocekileyo
- Ubisi olukhanyweyo malugcinwe lubanda/lupholile
- Sebenzisa ikomityi ukutyisa umntwana wakho

Thetha nomnonopheli wezempilo malunga neenkukacha ezithe vetshe malunga nokukhama ubisi emabeleni ngesandla.



uRhulumente
weNtshona Koloni

Amahlakani ekuncanciseni ngempumelelo:

Umsebenzi wezempilo angamxhasa umama ngolu hlobo:

- Ngokubeka umntwana athi nca esikhumbeni sikamama kanye xa egqiba kuzalwa kangangeyure.
- Ukuncedisa umama ngokuqalisa ukuncancisa kwiyure nje yokuqala emva kokubeleka.
- Ukugcina umama nomntwana bendawonye (kwiqumbi elinye) lo gama besesibhedlele.
- Umama makangahlulwa emntwaneni wakhe ngaphandle kokuba kukho isizathu esinxulumene nonyango.
- Ukuncedisa umama ngokubeka umntwana kakuhle amthi nca khon'ukuze amncancise kakuhle.

Usapho nezihlobo zingamxhasa umama ngoku:

- Ukuhlonipha kwanokuxhasa isigqibo sakhe sokuncancisa.
- Ukuhlonipha kwanokuxhasa isigqibo sakhe sokukhama ubisi ebeleni.
- Ukunganikezeli ngeengcebiso ezigqithelwe lixesha.
- Ukuncedisa ngemisebenzi yasekhaya kwa nokunakekela abanye abantwana.



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Ukuncancisa kuphela / Ukuncancisa ngendlela eyi- yo kwasekuqaleni

Umyalezo ongundoqo: Abantwana kufuneka bancanciswe banganikwa okanye ukutya okanye into eselwayo kwiinyanga zokuqala ezintandathu. Emva koko bangaqaliswa ukunikwa ukutya okunesondlo kwaye bahlale bencanca iminyaka emibini nangaphezulu.

Kutheni kufuneka ndin-cancise kuphela?

Ukuncancisa kuya kunceda umntwana wakho ekukhuliseni ingqondo yakhe.

Ukuncancisa kwakunceda ukukhulisa amazinyo omntwana wakho kunye nemihlati.

Ukuncancisa kunceda ukuba umazi umntwana wakho.

Kulungile ukuncancisa kumama:

- Kunceda nokuba angophi kakhulu emva kokubeleka,
- Kwehlisa namathuba okuba nesifo somhlaza webele nowesiyilelo maqanda,
- Kuyanceda ukuba ungatyebebi kakhulu.

Kutheni umntwana wam kufuneka efumene ubisi lwebele?

Ubisi lokuqala oluphuma ebeleni luba nchangathi lubetyheli-bumhlophe kwaye kufuneka ibe kuku-tya kokuqala emntwaneni wakho. Yinto eqhelekileyo ukuba luphume kancinci kubadlezane ubisi lokuqala. Ubisi lwezikhuseleli kwanezaxhi mzimba kwaye zisebenza njengogonyo lokuqala emntwaneni wakho. Ezinye izinto eziyinzuzo ngokondla umntwana wakho ngobisi lokuqala kuquka oku:

- Kunceda umntwana ngokuzithuma okokuqala
- Kwanokwehla kwamathuba okuba nejondisi.

Ubisi lwebele lunazo zonke izaxhi mzimba eziyimfuneko (iivitamini kunye neeminerali) ukukhulisa umntwana kakuhle.

Akukho mfuneko yokumnika into eselwayo (umzekelo amanzi, iti, ifomula, amayeza esintu, iirati) okanye ukutya okufunekayo kwiinyanga ezintandathu zokuqala ebomini bomntwana.

Ubisi lwebele kukutya kwendalo emntwaneni kwaye kuyanceda ukukhusela umntwana wakho ekungondlekini, izifo zesifuba kwanokuba nesisu esibuhlungu esihlaselayo (umzekelo, isisu sorhudo).

Ubisi lwebele luhlala lukho ngamaxesho onke (emini nasebusuku) kwaye luhlala kakuhle esiswini somntwana.

Kuqalwa nini ukuncancisa?

Amaxesha alungileyo okuncancisa kukwiyure yokuqala umntwana ezelwe lo gama umntwana esathe nca kuwe nibetha ngogaga. Lixesha eli apho umntwana ancancisa ngamandla. Iimveku ezininzi ziba sezikulungele ukufumana ingono ukuba iphi kwaye zincance kwiyure nje yokuqala emva kokubeleka.

Uninzi lwabantwana luya kubekwa luthiwe nca kwizikhumba zoonina ukukhuthaza ukufuthelana kwanokuqhelana nesiqalo esilungileyo sokuncancisa ngempumelelo.

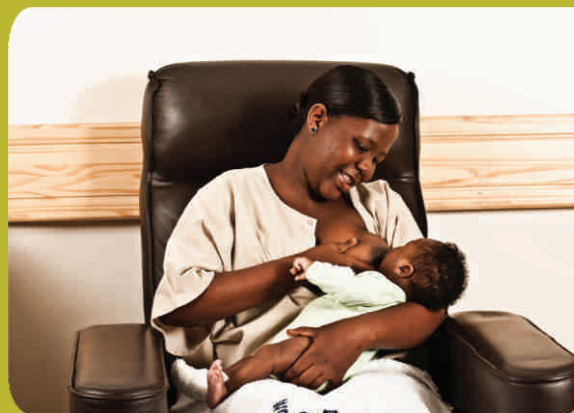
Kuncanciswa njani?

Omama abaninzi bangancancisa ngempumelelo ngenkxaso yabasebenzi bezempilo, usapho kunye nezihlobo. Umntwana uya kuncanca kwibele elinye de onele andule ukuncanca kwelinye ukuba umntwana usafuna ukuncanca.

Ukuhlaliswa komntwana xa encanciswa:

Ukumbamba kakuhle umntwana kwenza ukuba kube lula

- Umama kufuneka ahlale ngokukhululeka / ngendlela elungele ukuncancisa
- Susa zonke izinto ezinokuba ziziphazamisayo (iingubo ezongezelekileyo kunye nempahla) phakathi kukamama nomntwana .
- Umntwana makabe kufutshane nomama amgone.
- Umama makamxhase umntwana ngesandla sakhe.
- Indlebe yomntwana, igxalaba kunye nehleza mazingqamane.
- Lumkela ukuyifaka intloko yomntwana ebeleni.



Unokuthintela iingono ezibuhlungu ngokuthi umsondeze umntwana wakho ngendlela eyiyo

- Umlomo womntwana mawuvuleke kakhulu.
- Umlebe ongezantsi uphequkele ngaphandle.
- Le ndawo imnyama irhangqwe ingono mayibonakale kakhulu ngaphezulu komlomo womntwana kunangasezantsi.
- Isilevu somntwana masifike ebeleni likamama.

Ukuncanca

Ukuncanca ngendlela eyiyo kwenza ukuba umntwana afumane ubisi olwaneleyo.

Umntwana wakho uncanca ngendlela eyiyo xa:

- Izidlele zomntwana zigcwele zingabothokanga,
- Ngelinye ixesha ziyavakala izandi zokuncanca kakhulu kwanokuginya.

Kutheni kubalulekile ukuncancisa nangaliphi na ixesha umntwana efuna ukuncanca?

Ukuncancisa umntwana kwenza ukuba ebe nobisisi oluninzi kwaye loo nto iqinisekisa ngokwaneliseka kwanokonwaba komntwana.

- Tyisa umntwana wakho emini nasebusuku
- Tyisa umntwana wakho ngalo lonke ixesha efuna ukutya.
- Tyisa umntwana wakho rhoqo efuna ukutya.
- Umntwana makakugqibe ukutya.

Izimbo ezibonisa ukuba ufuna ukutya

Iimpawu zokuba umntwana wakho ufuna ukutya:

- Ukufunana nebele likamama
- Ukwenza izandi xa umntwana encanca
- Ukujikajika intloko
- Ukufaka izandla okanye iminwe emlonyeni
- Ukugcuma okanye ukukhala