

# Breastfeed your baby

by Ronel van der Watt

**Breast milk is one of the best gifts a mother can give her child. It has many advantages. Mothers who are HIV-positive or have Aids, should read the special notes at the end of the article.**

## Advantages of breastfeeding

- The baby is healthier as the mother's milk helps to protect him against infections.
- The baby has a smaller chance of developing allergies.
- Breast milk contains all the ingredients a baby needs to grow.
- Mother's milk is always available and at the correct temperature.
- There are no bottles to wash or sterilise.
- It helps the mother to lose weight after the birth of her baby.
- It helps to control bleeding after the delivery of the baby.
- The bonding of the mother and baby is much better.
- It is cheaper to breastfeed than to buy formula milk.



## Preparing to breastfeed

The baby is born with reflexes, making it possible for him to drink on instinct. To give her baby good quality and enough milk, the mother needs to take care of herself. Eat well-balanced meals with enough protein (meat, fish, eggs, cheese). Rest is very important.

## Breast milk

The first milk is called colostrum. One teaspoon (5 ml) of colostrum is equal to 40 ml of breast milk. This is all the baby needs for the first 2 to 3 days of life. At the beginning of the feed, the baby gets foremilk which has lots of water. Later the baby gets to the hind milk. This is stronger and more concentrated. Babies do not need anything other than breast milk up to the age of six months. After that, solid foods can be introduced, but the baby should still receive breast milk as well.

## HIV and breastfeeding

HIV can be transmitted through breast milk. Some hospitals offer a service where the mother can express her milk and then have it sterilised before giving it to her baby in a bottle. If the mother cannot go to a hospital, she can feed normally, but must give only breast milk and no other supplements. If at all possible, speak to your clinic to determine the best alternative in your situation. [UM](#)

# Breastfeeding

- With breastfeeding, mother and baby bond well.
- Breastmilk is free.
- Breastmilk contains everything the baby needs to grow.
- Introduce solid foods after six months and keep on breast feeding as well.
- Mothers with HIV can have their milk expressed and sterilised at the clinic or hospital.



## Borsvoeding

- Ma en baba leer mekaar goed ken tydens borsvoeding.
- Borsmelk is gratis.
- Borsmelk bevat alles wat die baba nodig het om te groei.
- Gee vaste kos na ses maande en hou aan om te borsvoed.
- Moeders met MIV kan hulleself laat uitmelk en die melk by die kliniek of hospitaal laat steriliseer.

## Ukuncelisa

- Uma encelisa, umama nomntwana basondelana kahle.
- Ubisi lwebele lumahhala.
- Ubisi lwebele lunakho konke umntwana akudingayo ukuze akhule.
- Qala ukupha umntwana ukudla okuqinile ngemva kwezinyanga eziyisithupha futhi uqhubeke nokuncelisa.
- Omama abane-HIV bangakhanywa ubisi futhi lukhishwe amagciwane emtholampilo noma esibhedlela.





## Ukuncancisa

- Ngokuncancisa umama nosana lwakhe basondelelane kakuhle.
- Ubisi lwebele lusimahla.
- Ubisi lwebele lunako konke okufunwa ngumntwana ukuze akhule.
- Usana lwakho lunike ukutya okuqinileyo emva kweenyanga ezintandathu yaye, uqhubeke kwanokuncancisa.
- Oomama abanentsholongwane kagawulayo (HIV) ubisi lwabo bangalucudisa ze balubulale iintsholongwane eklinikhi okanye esibhedlele.

## Ho nyantsha letswele

- Ka ho antsha letswele, mme le ngwana ba tiisa kamano hantle
- Lebeso la letswele ke la mahala.
- Lebeso la letswele la na le phepo tsohle tseo lesela le di hlohang bakeng sa ho hola.
- Qala ho mo fa dijo tse thata kamora dikgwedi tse tshelentseng mme o nne o tswela pele ho antsha.
- Bomme ba nang le HIV ba ka hama lebeso la bona mme ba le isa tleliniking kapa sepetele hore le lo ntshwa dikokwanahloko. 

