

MEDIA INTERNATIONAL DEVELOPMENT SPRING Project, Burkina Faso: P3 Exclusive Breastfeeding

PERFORMANCE: UP TO 6 MONTHS EXCLUSIVE BREASTFEEDING

promote behavior

All mothers should breastfeed their babies exclusively - that is to say, give only breast milk and nothing else - for the first six months of life. To ensure an abundance of breast milk, mothers should breastfeed frequently, whenever the baby requires. Give other beverages / decoctions, water, or food is not necessary, dangerous for newborns, and reduce milk production. Breast milk provides all the food and water that babies need for the first 6 months, even in periods of high heat.

Reasons

The production of breast milk depends on frequent nursing. By interrupting breastfeeding by giving other **beverages** to the baby, breast milk production will decrease. Breast milk is the only and the best food and the best and only drink an infant needs for the first 6 months, even in hot and dry climates. Through breast milk, the baby gets water to drink, food and defenses against diseases such as diarrhea and respiratory infections. The addition of other foods or drinks can threaten the baby's health in the first six months of life, as these liquids or foods may become contaminated, which causes diarrhea and other diseases.

Barriers to behavior change

Ideas

Sometimes mothers breastfeeding their babies worried when the baby wants to nurse more often than usual. They can attach this behavior to a lack of breast milk. A baby may want to feed more often for several reasons: he spent perhaps an intense growth phase; it just more hunger / thirst; during and after an episode of illness, babies nurse more frequently; teething; a need for more comfort. A mother can also interpret the cries of a baby as signs of hunger, which is often the case, but a baby may also cry because he is tired, because he wants to belch or fart.

Mothers need understand that they can produce enough milk by breastfeeding more frequently. If they believe that their baby needs other liquids or food supplements and offer liquid supplements, they may reduce their milk production because if the baby suckles less frequently, the mother will produce less milk.

Other drinks / decoctions or foods will not help neither the baby nor her mother because the baby may get sick and the mother should pay more attention to her baby, and even spend more. Even small amounts of other beverages are dangerous for babies.

Mothers can give medication if recommended by a health worker.

Decision making

The mother's entourage must help by not insisting on supplements (liquid / food) for a baby under 6 months of crying, but giving the mother time to breastfeed until satisfied, that is to say by emptying one breast and offer the other after. The entourage is also responsible for ensuring that the pregnant woman eats properly, so that it restores its body.

Elements predisposing to behavioral change

women attach great importance to breastfeeding. Children under 6 months are usually in their mother's physical proximity (brought back) and thus breastfeeding is readily accessible and available. So mothers can feed their baby at the right time until the baby is satisfied.

Since water is the main constituent of breast milk (88%), it is particularly refreshing. The milk of the start of feeding contains much water and minerals to drink. The milk end of suckling contains more nutrients and

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satisfies the hunger of the baby. That is why we must let the baby finish one breast before offering the otherFASO:.