

# Breastfeeding and Complementary Feeding

A GUIDE FOR THE PARENTS



bpni

putting child nutrition  
at the forefront  
of social change

# *Introduction*

Babies need adequate nutrition, affection and protection. Breastfeeding meets all these needs and gives babies the best start in life. Breastfeeding is natural. Like mother's love, there is no substitute for mother's milk. For successful breastfeeding, you need correct information and support of the family and the community.

This booklet has been designed to help women during pregnancy and after child birth to make breastfeeding much easier. This book can be used by parents and all those who care for the mothers and babies and also by those who want to encourage, support and promote breastfeeding.

- ★ It deals with the natural course of breastfeeding and complementary feeding for the baby upto 2 years of age.
- ★ It also deals with how to breastfeed a baby with ease and how to prevent and manage problems during breastfeeding.
- ★ It guides about how working women can continue to breastfeed and how to express breastmilk.
- ★ It helps dispel myths/age old beliefs related to breastfeeding.
- ★ It aims to provide answers to frequently asked questions by mothers.

**(Throughout the book a baby will be referred to as 'he' and the mother as 'she' to avoid any confusion).**

*We hope that this information must have been quite useful to you and your baby. In case you have any other questions or you wish to share your experience with us, please feel free to write to us.*

*We request you to share this information with your friends and relatives.*



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