



*India Sok Kanani Tang' doatna Kam Ka'ani*  
(Breastfeeding Promotion Network of India (BPNI))

## SOK KANANI ARO NANGA GITA ALDUANINA MESOKDILANIRANG

### Sok Kanani Aro Nanga Gita Alduanina Mesokdilanirang

Ia segimin leka manderangna, mongsongde mechidrangna, dingtang-mancha oknanggipa aro sok kanenggipa ma giparangna bi sa bakgitchakna nama alduani bewalrang aro bakgitchakrang aro dambe bi sarango dal roroanina tik ong gipa cha aniko nama gadango onna man na gita tik ong gipa u'iataniko onna BPNI ni kam ka enggiparangni mingsa bak onga. Ia segimin leka an-seng-baljokani aro cha-a-ringani bidingo kam ka enggiparang (Health & nutritional Professionals), NGO rang aro pilak gipin simsakgiparangna u'iataniko onna mangsonga jekon uamang ma giparangna u'iatkana man gen.

Sok kananiara skanggipa ja 6 nade sokmangmangkosan on ani onga aro sok kananiko dontonggija bilsigni ba una baten dakanga. Sok kanani-an bakgitchakna nambatgipa alduani chol onga. Uan dal roroanina chu-onga gita cha aniko one, sabisiko champenge, gisikna aro gisikni sik-anina chu ongnikaniko one janggi tangani gadanko namen namdapata. Uan ma a aro bi sani gisepo namgipa nangrimani aro bi sa mantaina somoi donchangani kamko ka na dakchaka. Sok kanani ma giparangni anchi grie saani (anaemia) aro sok aro sa tipo pari dake (cancer) saana kenchaka-niko komiatnaba dakchaka.

**1. Sok Kana A-bachengani :** Bi sa atchimanon bi sako ran atna aro ta rakken skanggipa adha kontani gisepon ma gipana onna nanga. Uko ma gipani be eno nangchape donna nanga aro atchimano kontasani gisepon sok kanna nanga. Gipin sul sul daknadonsogimin kamko ka na skangba jedake auatna skangba bi sako sok cha atchengna nanga. Auatako ja man dakna nanga maina ian bi sani be en ding ako komiatgen. Sengngang sok kana a ba-chengani nangchongmotgipa onga, maina :

- \* bi sarang skanggipa minit 30-60 ong mitingo namen mikrake aro bil-ake donga.
- \* atchion sok opna gongani namen bilaka,
- \* uan sokmangmangko cha on chu ongnikaniko bariata,
- \* uan ma a aro bi sani gisepo gisikni chanchiako bariata,
- \* uan ma a aro bi sani gisepo ka sagrikaniko ong katatna dakchaka,
- \* uan bi sa atchimanon anchi jokaniko champenga, aro
- \* uan sok bitchi ong katchenggipa (colostrum) jean tin'kaa aro rimit-mrang daka uko skanggipa cha ani

dake ra na man ata jean sabisini kosako champenganiko on a (bi sana skanggipa sam kanani onga).

**2. Skanggipa Jadokna sokmangmangkosan Kanani :** Sokmangmangkosan kana inani miksongara bi sa (ma gipani) sok bitchimangmangkosan cha na man a, gipin ringanirang, chikomangba ba chu soke tarigimin cha anirangkomangba, chi bringijagipa vitamin, tarigimin ringani ba chi gipa sam bitchi aro samrangna agre mamungkon onja.

Bi sarangna skanggipa jadokna sokmangmangkosan onnananga, maina :

\* sal ding omangba chi kanna nangchongmota onga aro uan sok opna sikako komiata aro sabisini man na kenbegnigipa ja pangba onga.

- \* gipin cha aniko on dapon sok kanani chu sokanikoba komiata,
- \* bi sarang ma gipani sok bitchimangmangchin jadoknade ong bewale dala,
- \* uan bi sana nambate gisik
- \* bi sarango sabisirang, saanirang komia,

\* uan bi sa mantaina somoi sakgnini gisepo-gipa somoi). Uan chagronggipa me chikna 98% sokmangmangchisan aldua, bi sa nikaniko man pilja. (Ian bitchi ong achi bewal nikako Amenorrhoea Method (LAM )

sengani barianikoba on a, leng, be en ka kita aro pari dake

dondikna dakchaka (bi sa minggittam obostako chelchakaniko on a : bi sako jakokna komia, me chik bewal nokdangko chanchie rikanio sok dontongani niam ba Lacta-tional onga, aro



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9. **Magipa nokni a palo kam ka ode** :Nokni a palo kam ka gipa ma giparang ka mao janapa gita ong ode ia nambatsranggipa kamrangko dakangna man gen :

\* Chugimikan nokdang aro jatangchi dakchakgipa ongode, aro

\* Ma giparangna on gipa chutti chu ongen dongode, sok kanna neng -takani cholrang dongode (sok kanna ba sok bitchi sepna) aro sepangon bi sana simsakani cholrang dongode.

Jensalo bisa sepango ongjaon sok bitchiko sepe one aro jensalo, dingtangmancha walo bisa sepango ongon diddikprakni gisepe sok kane magiparang sok kanan baksa kamko ka dimna man gen.

**Chuttini ja-mano kamo naptaihaon :**

Kamchi re angna skang ba walo nokona re bapilahaon ua sok kananiko dakangku na nanga.

**Kamo ongon uo ka-mao gita baseanirang donga :**

(a) Salgipino noko aiarang on china ua sok on-gani somoio sok bitchiko sepe rongtalgipa ra chakanio chimonge donna nanga. Sok bitchi nokningni dingao konta 8 na aro refrigerator 0 konta 24 na nosto ongja. Aiarang bini sepe donanggipa sok bitchiko sok kuteo jajaani dongjana gita cup aro chamoschi kanna nanga.

(b) Kam ka ram biaponi nok sepang ongode ua neng takengmitingo bi -sana sok kanna nanga.

(c) Kam ka ram biapo bi-sarangko simsa ke rakiram biap dongode bi-sako uno rakina aro sok kanna neng takani somoio re ange kanna nanga.

(d) Mamungba chol dongjaode ua sok bitchiko sepna aro sok bitchi jok-ako nambate rakina aro sok ditpekako komiatna sok bitchiko sepe galna nanga.

10. **Magipa ba bisa saode** :Bi sani magipa manderangni sabewalgitasa sakamon sok kananiko dakangna nanga. Ok re ara bi sarangna dakchakbeani ong a. Ma gipa sakamoba dakdor beng jaode sok kananiko tom tomen dakangna man gen.

Bang bata ringanirang jekon ma gipa jakkalna nanga uarang sok kanmitingo namaia.

Sok bitchiara dingtangmancha sal sokna skang atchigipa aro atchion jrima komigipa hakgitchakrangna nangchongmotgipa ong'a -bisaranana cup-chi kanna nanga.

**11. Dingtangmanchagipa obostarang :**

Jeon ma-giparang sia ba gipin bi sako aldua aiarang dakdor baksa cha aniko basee on ani bidingo agangrikna nanga.

Bon aton, skanggipa jadokna sokmangmangkosan kananiko, bilsigni aro una bataona sok kanangku aniko aro bakgitchakna nambatgipa alduani kamranggita jadokni ja-mano gipin cha anirangko on dapaniko dakchina BPNI ku patia.

*These guidelines take into consideration, the recommendations of World Health Organization (WHO), and of World Health Assembly (WHA) Resolution 54.2 (May 18, 2001), and the support to this recommendation by the Department of Women and Child Development (DWCD) and Ministry of Health & Family Welfare (MOHFW), Government of India, United Nations Children's Fund (UNICEF), Association for Consumer Action and Safety and Health (ACASH), Indian Academy of Pediatrics (IAP), Federation of Obstetrics & Gynaecological Societies of India (FOGSI), National Neonatology Forum (NNF), Trained Nurses Association of India (TNAI), CARE-India, LINKAGES, International Baby Food Action Network (IBFAN), World Alliance for Breastfeeding Action (WABA), and American Academy of Pediatrics.*

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