



*Ka Breastfeeding Promotion Network jong ka Ri - India (BPNI)*

## **Ka Jinglamkhamat Ia Ka Rukom Ai Buiñ Jong Ka Kmie Ia I Khyllung**

Ka buiñ jong ka kmie ka dei ka jingbam ba bha tam ia ki khyllung ba dang kha bad dei ban ai tang ka buiñ ia ki khyllung ba hapoh 6 bnai. Lah ruh ban bteng ai bu haduh 2 snem. Ka dud jong ka kmie ka don ha ka ka bor ban ai jingiada ia ki khyllung na ki jingpang, kumjuh ruh ka pyniajan ia ka kmie bad i khyllung, ka pynjlan ia ka jingpun khun, ka pynduna ruh ia ka jingpang Anaemia ne jingduna snam.

Marsyn kha ia i khyllung bad haba la dep niad ia i, shwa ban pynsum, dei ban ai ia i khyllung ha ka kmie hapoh ka shiteng kynta.

Dei ban buh marsyndah ia i khyllung bad ka kmie bad ai buiñ hapoh ka shi kynta. Kaba ai buiñ kloï ka long kaba donkam namar :

- \* Ki khyllung ki kham kyndit bynriew hapdeng ka 30 bad 60 minit
- \* Ka bor tan ka kham khlaifñ ha kata ka por.
- \* Ka pyniajan ia i khyllung bad ka kmie.
- \* Ka pynduna ia ka jingmihsnam hadien ba la dep kha.
- \* Ka pynthikna ruh ba ka dud nyingkong ne "Colostrum" yn ioh da i khyllung namar ka colostrum ka don ka bor ban iada ia i khyllung na ki jingpang.
- \* Kaba ai tang ka buiñ haduh 6 bnai bad ban nym ai bam da kiwei pat lait noh ki dawai pynjaw Vitamin ka donkam namar ka um ba ka donkam i khyllung ka la biang lypa na ka dud.
- \* Kaba ai um ia ki khyllung wat ha ka por shit kam donkam, lada ai um ka pynduna noh ia ka jingkwah buin i khyllung bad lada ka um kaba ngi ai ka long ka bym khuid lah ruh ba kan wanlam ia ki jingpang ha i khyllung.
- \* Kaba ai da kiwei ki jingbam ruh ka pyntlot noh ia ka jingmyntoi jong ka jingai buiñ.
- \* Ki khyllung ki heh ki san ha ka rukom kaba biang hapoh ka 6 bnai tang da ka buiñ ka kmie.
- \* Ka pynduna ia ka jingiohpang i khyllung.
- \* Ka pynjlan ruh ia ka jingpun khun biang ka kmie.
- \* Ka pynkhlaifñ ia ka kmie, ha ki kmie ba ai buiñ ka jingduna snam ne "auaemina" kam da kynrei eh.

\* Ka pynduna ia ka ovarian bad breast cancer( Ka jingpang bampong) ha ki kmie.

Ym dei ban ai eiei shwa ban ai buiñ ia i khyllung.

Dei ban ai buiñ bunsien bad haba i khyllung i kwah bu na baroh ar liang ki buiñ. Lah ban ai haduh 8-10 sien lane palat ha ka shisngi.

Ha ka kmie kaba koit ba khlaifñ ka met, ka dud ka dap biang manla ka shi kynta shiteng. Wat ha ka por mynmiet ruh dei ban ai buiñ namar katba nang ai katta ka jingmih jong ka buiñ ka kham bun.

Kaba ai buiñ mynmiet ka pynmih ia ka hormone " pro-pynjaijai ia ka kmie.

Hadien 6 bnai lah ban ai hadien 6 bnai tang Ra dud ka jingdonkam ka met i

Dei ban ai bam 2-3 sien ha ka bnai bad 3-5 sien haba ki

Ym dei ban ai ia ki khyllung

iarap ia ka kmie namar ka lactin" kaba pyntngen bad

jingbam ia ki khyllung namar kam lah shuh ban pyndap ia khyllung.

por ba ki khyllung ki don 6-9 khyllung ki dap 9-12 bnai.

ban bat hi ia ki shamoit bam



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*Khasi, Meghalaya*

ne tiar bam haba ki dang dap dang tang 10-12 bnai.

Lah ban shet ne pynkhreh hi ha iing ia ka bam ki khyllung bad ban sumar khuid ia ka rukom khleh bam bad ia ki tiar bam.

Haba sdang ai bam ia ki khyllung ym dei ban ai beit da kaba tylli hynrei dei ban ai bam da kiba khleh bad ka dud bad kaba la lwet bha.

Lah ban ai suji, u kew bala tylliati, ja ba khleh, dai bad ka ja ba shet bad ka dud.

Lah ban ai ruh ki soh bad ki jbur ba la pynlwet bha.

Kaba ai buin haduh 2 snem shaneng ryngkat bad kiwei kiwei ki bam kiba tei :

- \* Ka ai bor ia ki khyllung
  - \* Ka pynduna ia ka jingsting thew ki khyllung
  - \* Ka pynduna ia ki jingiohpang ba khah-khah ki khyllung.
  - \* Ka iarap ia ka jingiajan ka kmie bad i khyllung.
- Lada ka kmie ka dei kaba trei dei ban ai buin mynstep shwa ban mih na iing bad ha ka por ba i la wan trei mynmiet.

Lah ruh ban khem ia ka dud ha ki jingdiang kiba khuid bad sa ha ki nongsumar khyllung.

### Ka Rukom Shong Ka Kmie Haba Ai Buiñ



Ka Rukom Ai Kaba Biang

Ka Rukom Ai Ka Bym Biang

### Ka Rukom Kjup Buiñ



Ka Rukom Kjup Kaba Biang



Ka Rukom Kjup Ka Bym Biang

Kine ki Jinglankhmat ki long kat kum ka Jingrkomen jong ka World Health Organization (WHO), bad ka World Health Assembly (WHA) Resolution 54.2 (May 18, 2001), bad ka jingkyrshan jong ka Department of Women and Child Development (DWCD), bad ka Ministry of Health & Family Welfare (MOHFW), jong ka Sarkar India, ka United Nations Children's Fund (UNICEF), Association for Consumer Action & Safety bad 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), bad American Academy of Pediatrics.

Kane ka dulir la pynmih kum ka mat treikam jong ka BPNI-IBFAN South Asia's Resource Centre on Infant & Young Child Feeding haphon jong ka IBFAN-GIFA Project WW )33 207, 2002-2002 "Strengthening breastfeeding activities at grassroots level" bad ka jingkyrshan jong ka Dutch Ministry of Cooperation & Development (DGIS).



For more information, please contact :

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