

Breastfeeding Vs Formula Feeding



- Helps mother-child bond
- Boosts immunity
- Promotes growth and neurological development
- Better teeth and jaw development
- Cost-effective



- Expensive, over-priced
- Higher risk of diarrhoea and infection
- Risk of obesity and diabetes
- Gastric issues

Breastfeeding Positions



Cradle



Cross-Cradle



Side-lying



Football



Laid back

Note: After feeding ensure that your baby is burped

This poster has been created with financial support from the Aga Khan Foundation and Global Affairs Canada, and its content is derived from the Aga Khan University literature

Foods for Breastfeeding Mothers



Well balanced diet



Cumin



Lotus seeds



Porridge



Milk



Popcorn



Water 2-4 litres

Hydration in Breastfed Babies

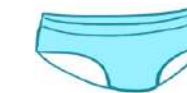
- Drink a large glass of water before breastfeeding your child.



- Count on wet diapers or clean unused cloth which should be equal to five or above.

Newborn wet diapers
What to expect:

Day 1



Day 2



Day 3



Day 4



Day 5



And so on...

For any questions or information, please contact the Aga Khan Health Services Centre nearest to your area.