



Well Being Africa
Optimizing the human experience

WELL BEING AFRICA

applauds your decision to **BREASTFEED** your **BABY**

Breastfeeding offers numerous benefits including your baby's health now and the adult life aside from the strong bond it helps you to form with your baby.

Additionally, breastfeeding offers benefits to you; the mom, the family, the environment and to the nation at large.

You surely have made a golden decision.



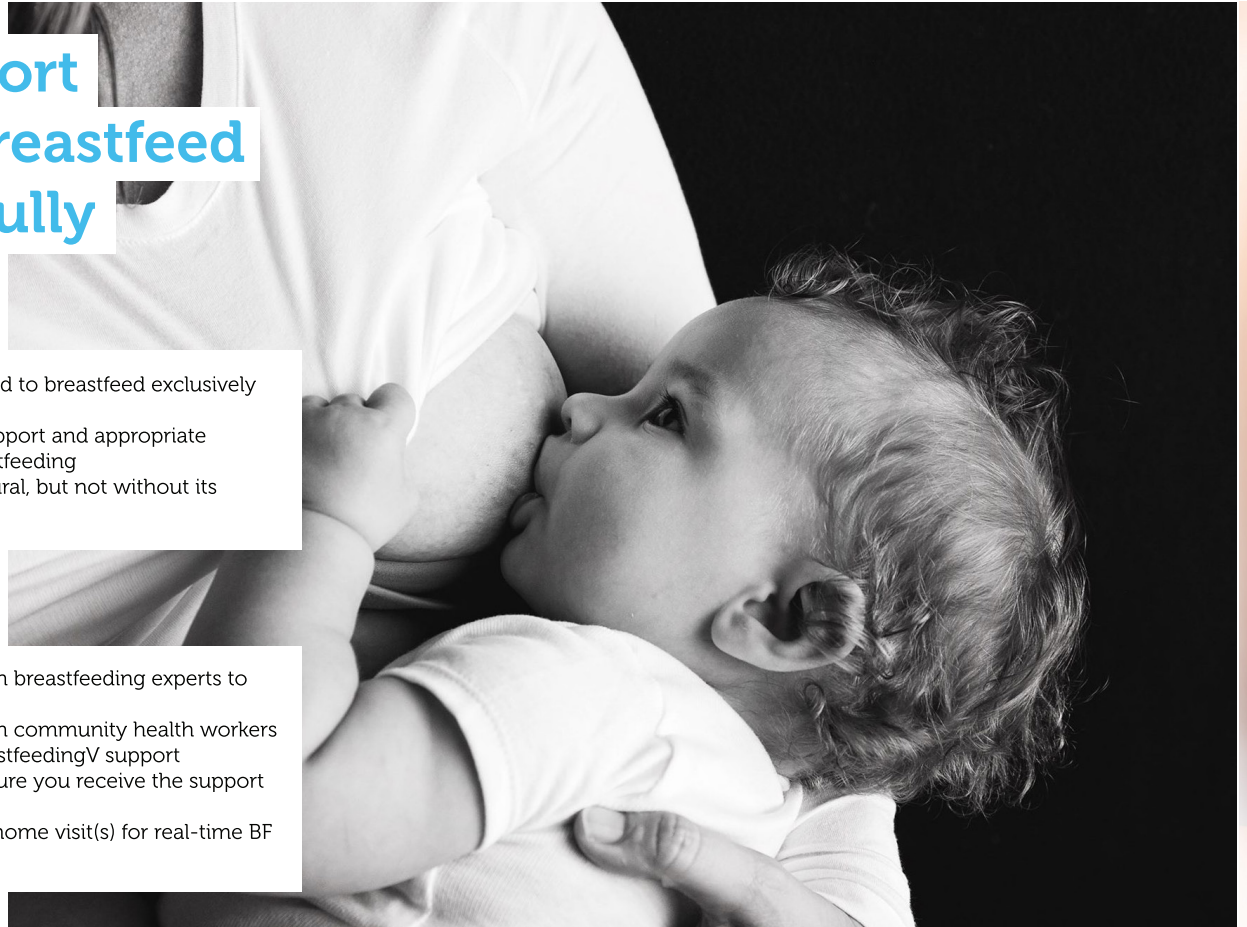
We support you to breastfeed successfully

WHY?

1. Many women wanted to breastfeed exclusively but didn't succeed
2. Many moms lack support and appropriate knowledge on breastfeeding
3. Breastfeeding is natural, but not without its challenges

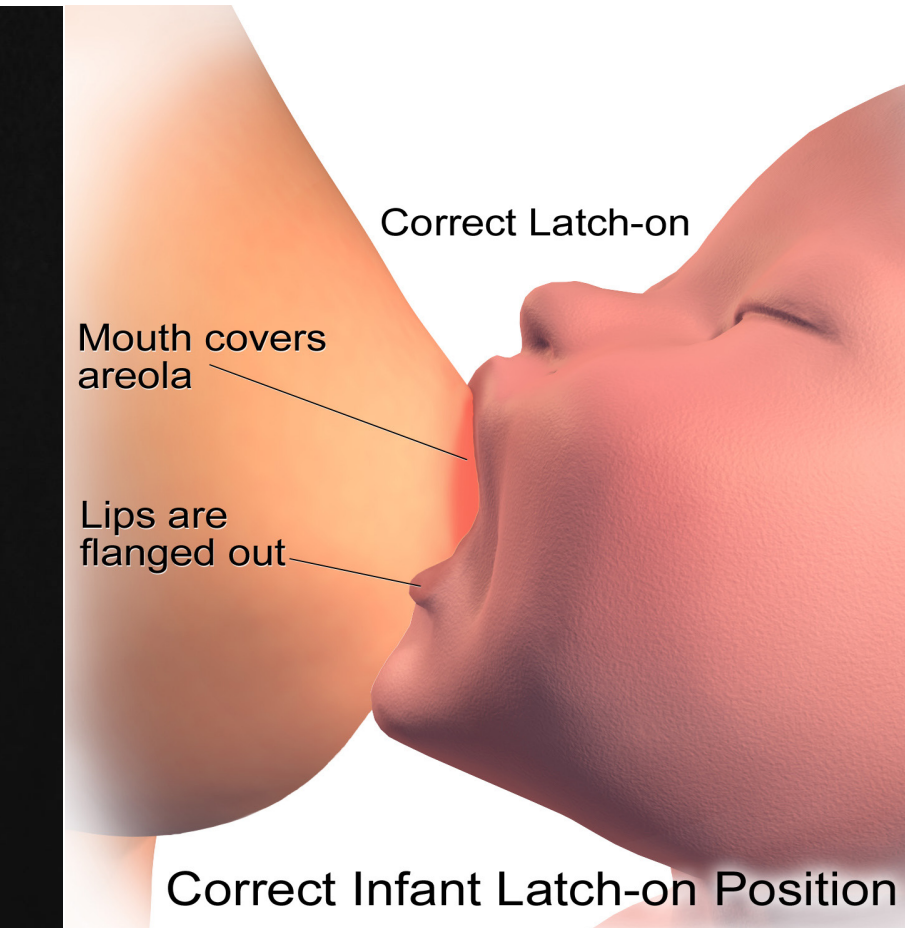
HOW?

1. We connect you with breastfeeding experts to answer your queries
2. We connect you with community health workers in your area for breastfeeding support
3. We follow-up to ensure you receive the support promptly
4. We arrange for you home visit(s) for real-time BF assistance if needed



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Answers

to your numerous questions such as:

1. My breast is swollen, I am not making milk, my baby is hungry and cries. What do I do?
2. What should I eat or avoid while breastfeeding?
3. Is it safe to continue with my medication while I am breastfeeding? Will it harm my baby?
4. How about foremilk and hindmilk?
5. Is it okay to use a dummy or pacifier when I am exclusively breastfeeding my baby?

And many more



How to get involved

Get registered on the programme by providing us with the following details:

Name
(First name & Surname)



Physical address of residence

Phone number
(for communicating with you)

Are you a first time mom?
(Please tick as appropriate)

YES NO