

Community Health Workers Shared their Insights from Breastfeeding Training

Well Being Africa (WBA) trained community health workers (CHWs) as part of the breastfeeding support project that started in July 2022 and was funded by DGMT. The trained community health workers shared their comments regarding the breastfeeding training as follows:

“I learned a lot, especially with exclusive breastfeeding and skin-to-skin. You cannot mix feed a child before six months, and even if you are a working mom, you can leave breastmilk for your baby by expressing your milk and keeping it in the fridge.”

“The training should continue at our office, and we invite our clients to come for information.”

“We can inform families we work with about the importance of breastfeeding.”



“The workshop was educational such that I learned many things about breastfeeding I wasn’t aware of. So now I can contribute more to my community.”

“I am happy that most of my questions were answered. The instructors were patient and understanding.”

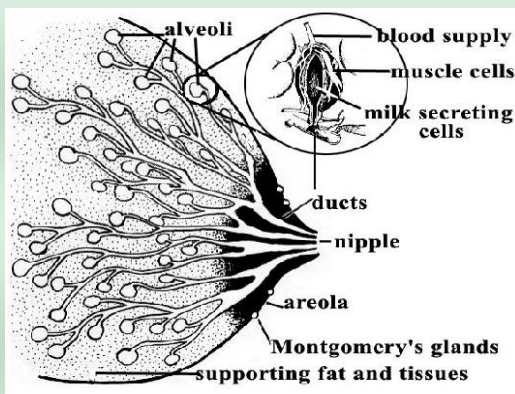


“The facilitators have different knowledge to help participants understand different aspects of breastfeeding.”

“They gave the necessary knowledge to us as care workers to educate the community about breastfeeding.”

“I learned the things I did not know before about breastfeeding, which I could pass on to someone else.”

“I learned about the hormones that help in breastmilk production.”

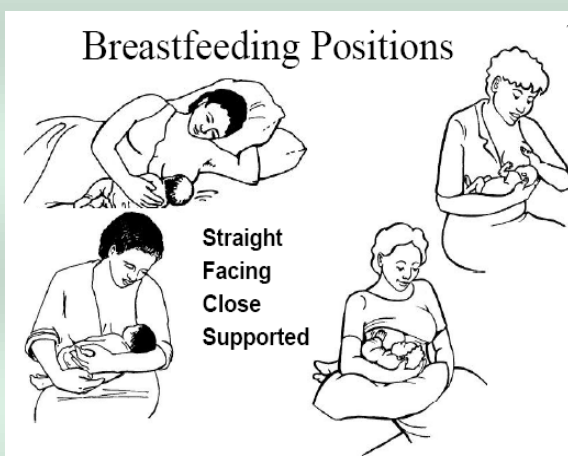


“The training was excellent and taught us much about breastfeeding and HIV.”

“The training was productive. We thought we knew about breastfeeding but didn't; now we have more knowledge.”

“The training was excellent. I learnt a lot from it. Being a mother, it shows I am not too old to learn.”

“The workshop was wonderful; we need more training to educate our clients and give more information.”



“I wish I knew all this before I gave birth to my children; now I can help others with what I have learnt about breastfeeding.”

“The workshop is beneficial. I learned to express breastmilk if I want to be away from my baby.”

“I learned a lot and can now help many women in my situation.”

“I learned that mothers with HIV can breastfeed if they drink their medicine correctly. The mother will only stop breastfeeding if she fails medication twice.”

“We managed to adopt many breastfeeding practices that we did not know before now.”

“It is interesting that I can motivate other women to breastfeed. I can be a breastfeeding peer counsellor.”



“The training was beneficial because we learned many things we have been doing wrongly in breastfeeding.”

“From the training, I learned solutions to the problems that mothers could face in breastfeeding.”



“I have learnt how to help a mother with engorgement or nipple condition.”

“I understand that the first milk that comes out, called colostrum, is good for the baby.”