

# Well Being Africa



**Photo News**

**March 2025 to  
February 2026**



# Acknowledgement

WBA sincerely extends its gratitude to the DG Murray Trust, the Nelson Mandela Children Fund (NMCF), SoftwareOne, and The Solidarity for African Women's Rights (SOAWR) for their valued support of WBA's projects in 2025/2026



SOLIDARITY FOR  
AFRICAN WOMEN'S RIGHTS

A force for freedom



MOUVEMENT DE SOLIDARITÉ  
POUR LES DROITS  
DES FEMMES AFRICAINES

Une force pour la liberté



DG  
MT

software  
one

# Supporting mothers with breastfeeding has many benefits for children, mothers, and the nation.



## Why Breastfeed?

Breastfeeding plays important roles in the survival and development of the child, birth spacing, the mother's health, the environment, and the nation's economy.

## Benefits for the child



### Immune Boosting Superpower:

Antibodies found in mother's milk are a powerful defense against infections and illnesses. It fortifies the immune system of your child.

### Tailor-Made Nutrition:

Breastmilk is the perfect food for your baby from birth to six months. Babies only need breastmilk – no water, no food. Breastmilk contains water, carbohydrates, fats, proteins, vitamins, minerals, antibodies, and many substances that offer the perfect balance, and changes as your child grows.



### Emotional Bonding:



More than providing nutrition, breastfeeding fosters a strong emotional bond between you and your child. The skin-to-skin contact, eye contact, and shared moments that occur during breastfeeding are beneficial to the development of your child.

## Benefits for the mom



### Postpartum Healing:

Helps in the recovery process after childbirth.

### Weight Loss:

Burns extra calories, helping you lose pregnancy weight.



### Reduced Stress:

Releases oxytocin, promoting relaxation.

### Natural Birth Control:

Exclusive breastfeeding can delay the return of fertility. Exclusive breastfeeding and your menses must not yet return in the first 6 months and you should make sure you breastfeed at night also.



## Difficulties and Remedies

**Nipple soreness (Painful Nipples):** Inspect the position and latch of the baby. Apply breastmilk and air dry. Keep bra clean and dry. Be careful in using oils and creams on the breast.

**Engorgement (when the breast is too full, hard, tight, and painful):** Apply a warm compress, express, and frequently breastfeed.

**Low Milk Supply (Not enough milk):** Feed on demand, about every 3 hours (8 to 12 times in 24 hours) day and night. The more milk baby drinks the more milk you will produce.

**Mastitis (Swelling of the breast that can be due to an infection often after nipples were damaged):** Take it easy, stay hydrated, and consult a doctor or health worker.

## Other Tips

- Breastfeed your baby on demand.
- Rest and drink a lot of water.
- Keep baby skin:skin to make sure baby drinks often.
- Avoid stress.
- If you have fever for more than 24 hours, go to the clinic.

## Note

Breastfeeding can be challenging, however, you are not alone. Seek advice and support from the clinic, support group such as the WBA's breastfeeding support groups, La Leche league and lactation consultants.

## Our Services

### → Home Visits:

Our field workers are available for personalized consultations in the comfort of your home.

### → Lactation Consultation:

Personalized advice and support from certified lactation consultants.

### → Breastfeeding Support Groups:

Join other mothers in your community, to share experiences, build support networks, learn more about breastfeeding techniques, and overcome challenges.

- Woodlane Clinic BF support group,
- Melusi Health Post BF support group
- MYDO BF support group
- Dasport clinic BF support group
- Zama-Zama clinic BF support group

## Follow Us on social media

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**Well Being Africa's  
Breastfeeding  
Support**  
Your Guide to  
Breastfeeding Bliss

☀

# Breastfeeding education session at Daspoort Poly Clinic in Pretoria West ☀



# Breastfeeding support group at Zamazama Community



# WBA empowers the Community of Melusi with breastfeeding knowledge and skills.



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OO AI QUAD CAMERA

# Educating mothers on the importance of healthy eating at Kairos



**WBA hosted a farewell lunch in honour of an intern following the completion of her internship**



# WBA supported Dietetics students in implementing a nutrition intervention aimed at educating Community Health Workers (CHWs) on appropriate complementary feeding practices.



## WBA engages men at MYDO, educating them on their roles in supporting pregnant women and breastfeeding mothers.



As part of the Nelson Mandela Day celebrations, mothers with children aged six months and above at Plot 55 received complementary feeding plates and participated in a nutrition education session on appropriate complementary feeding practices facilitated by WBA



During the Nelson Mandela Day activities at Plot 55, WBA staff prepared and served nutritious meals for mothers and community members, promoting healthy eating and community support.



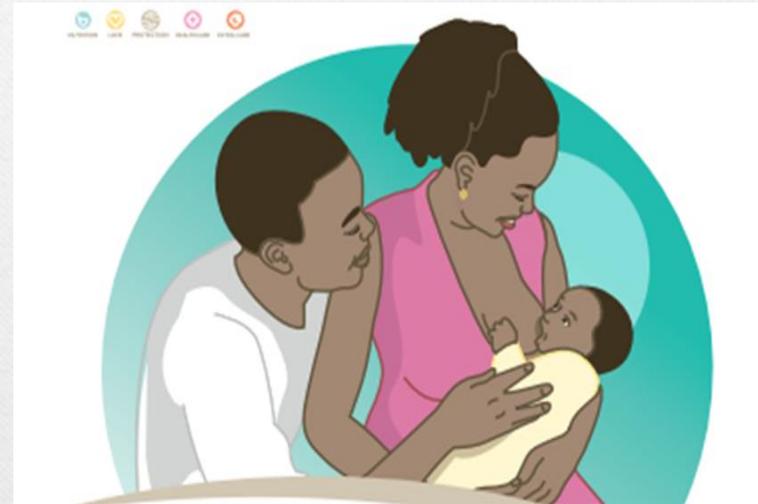
# Theme - Breastfeeding week 2025

## Prioritise breastfeeding: create sustainable support systems



**Prioritise Breastfeeding**  
Create sustainable support systems

WABA | WORLD BREASTFEEDING WEEK 2025



# Advocacy walk during the Breastfeeding Week Celebration 2025 at Cottondale, Bushbuckridge, Mpumalanga



Prioritise **BREASTFEEDING**: Create sustainable support systems



Join us to celebrate

## Breastfeeding Week 2025

Date: Thursday 7 August 2025 | Venue: Cottondale Clinic | Time: 8 to 11 AM

Event Outline  
Breastfeeding advocacy walk: 8h00 – 9h00  
Function: 9h00 – 11h00

- ✓ Opening and welcome
- ✓ Road to Health talk
- ✓ Breastfeeding journey of a mother
- ✓ Role of men in breastfeeding
- ✓ Supportive environment for breastfeeding



# Breastfeeding Week Event at Cottondale Clinic in Bushbuckridge, Mpumalanga

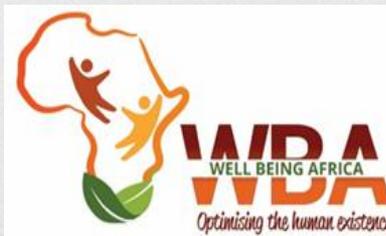


**WBA participated in the "Building Bridges: Third Southern Africa GBV Prevention Forum, organised by the CSVR and Southern Africa Trust with partner embassies. The forum reflected on GBV prevention strategies to promote sustainable peace in Southern Africa.**





# Breastfeeding education sessions at Hercules Clinic in Pretoria West



**Software One visited WBA's office in Silverton and generously donated 12 refurbished laptops to support WBA's operations.**



# WBA's Tshwane team on a breastfeeding support mission



# Nutrition education on non-communicable diseases presented by dietetics students, with support from WBA, during a men's group session at MYDO.



# A session at the Zamazama breastfeeding support group focused on promoting healthy eating.



**Breastfeeding  
support group  
at Sigagula  
Community in  
Bushbuckridge,  
Mpumalanga**



**Breastfeeding  
support group  
in Brooklyn,  
Bushbuckridge,  
Mpumalanga**



# WBA joins MYDO for Heritage Day Celebration



# Heritage Day event at MYDO

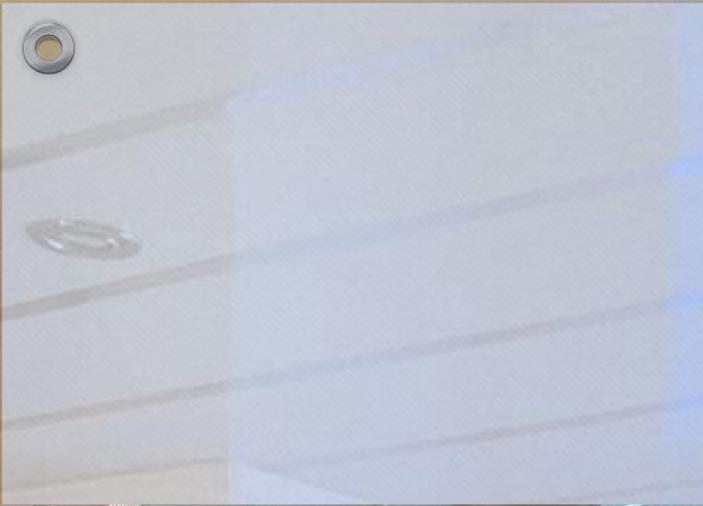


# WBA bid farewell to two interns based at Daspoort Polyclinic as their internship came to an end.



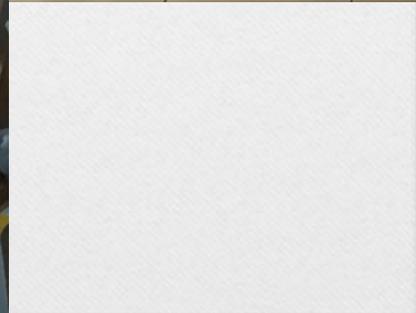
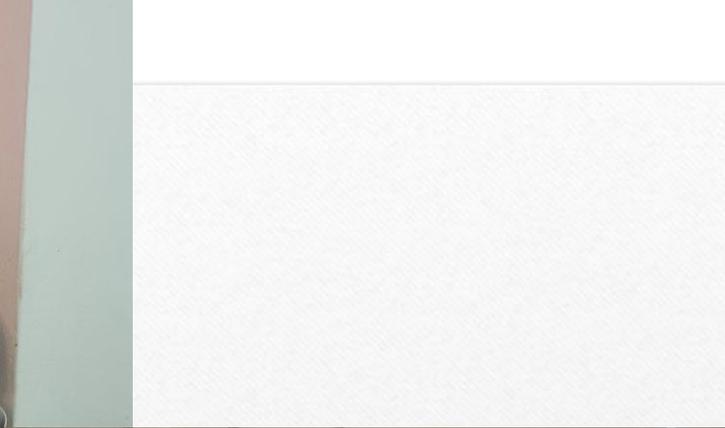


Welcome to DASH  
Breastfeeding Support Training For  
Community Health Workers  
29 to 31 October 2025

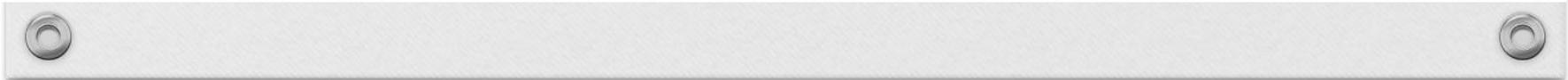


# Breastfeeding Support Training for CHWs in Bushbuckridge, Mpumalanga





**Day 2 & 3 of the Breastfeeding Support Training for CHWs in Bushbuckridge, Mpumalanga.**



**WBA's Mpumalanga team, with representatives from one of our funders, the Nelson Mandela Children's Fund, at the breastfeeding support training in Mpumalanga.**



**WBA participated in the stakeholder engagement on mental health services in Gauteng, hosted by the Gauteng Provincial Legislature.**



# On home visits to support child health and development in Bushbuckridge, Mpumalanga



## River crossing during home visits in Bushbuckridge, Mpumalanga



# Breastfeeding education session at the Cottondale clinics, Bushbuckridge, Mpumalanga.



# Breastfeeding education session at Buffelshoek clinic, Bushbuckridge, Mpumalanga



# A growth monitoring session at an ECD centre in Sigagula, Bushbuckridge, to support child health and development



# A C K N O W L E D G M E N T

- WBA gratefully acknowledges the support of the Nelson Mandela Children's Fund and the DG Murray Trust for funding the Breastfeeding Support Project in Tshwane District and the Child Health and Development Project in Ehlanzeni District, Mpumalanga.

## The following are gratefully acknowledged:

- SoftwareOne for donating 12 computers to support our work.
- The Mpumalanga Department of Health for the partnership and support through a Memorandum of Understanding (MOU) to strengthen child health and development in the Bushbuckridge communities.
- The management and staff of Daspoort Polyclinic for their continued partnership in breastfeeding support.
- The WBA teams in Tshwane and Mpumalanga for their hard work, commitment, and dedication to implementing the programmes.
- The SOAWR, for continued partnership in WBA's human rights initiatives