



EASTBOOMERS

NEWS

04 AUGUST 2022

BREASTFEEDING AWARENESS



August is breastfeeding month and it is celebrated nationally. This years theme was 'STEP UP FOR BREASTFEEDING: EDUCATE AND SUPPORT' as the focus was on strengthening the capacity of stakeholders to protect, promote and support breastfeeding across different levels of society. East Boom-CHC mother and child unit held a breastfeeding awareness on

the 4th of August 2022. Mothers were reminded about importance of exclusive breastfeeding. Sr B.A Ndlela represented MCWH, she emphasized positioning of a baby when breastfeeding. Mother should be comfortable i.e. should be seated in bed, on a chair or floor, lying down, standing up or walking. Guidance for breastfeeding is important as it improves knowledge and skills,

thereby making it easier to breastfeed. At the beginner stage if the infant is latching well the mother should not interfere but should rather reassure them that they are doing well to boost the infant confidence. Mothers were educated about the signs of good attachment when breastfeeding.

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It was emphasized that the infants mouth should be wide open during breastfeeding, jaw movement should be visible, as well as the positioning of the breast during breastfeeding .

Sr Dzanibe brought it to the mothers attention that it is possible for moms to breastfeed even when they're working far from their babies. She explained the process of expressing breast milk and how to preserve it. She mentioned the stages of expressing in a clean container, the position to express as well as the room temperature the breast milk is to be kept in and for how long. She emphasized the importance of warming the milk with only hot water that has boiled for about 5 mins and left to defrost.

A role play was carried out by UKZN Dietetics students where they imitated the process of breastfeeding, advising the mother's on which food they can consume during the breastfeeding phase and the importance of keeping a healthy balanced diet as it will improve the quality of the breastmilk.

Ms A Seevaparsaid informed mothers about the benefits of breastfeeding, for both the mother and the baby, and how she should take care of herself during breastfeeding. She outlined that most importantly fathers, family and communities should be supportive of mothers by relieving them from duties that may take time away during breastfeeding. She also said " Postnatal clinic visits after

discharge is of utmost importance to ensure that the mother is assisted to manage common concerns and build confidence". She encouraged mothers, as well as pregnant women to consult regularly as the clinic consists of health care workers who pledged to provide effective counseling to pregnant and postnatal women on infant feeding and breastfeeding.

As the event progressed with excitement, the PEADS staff orchestrated a song educating on breastfeeding, they then complimented the parents who were present at the clinic as they furthermore gave recognition to one of the father's who had visited the clinic with his babies. Mothers were asked questions in relevance to what all speakers had spoken about and were rewarded with gifts as a token for their participation.



Patients who visited the clinic



The distribution of refreshments



PHOTO GALLERY



Sr M.S Dzaniibe (Maternity)



Above from left: Sr BG Ngcobo (PEADS Operational Manager) AND Sr M Ntontela (Maternity Operational Manager)



PEADS staff orchestrated an educational song on breast feeding



Ms A Seervapesaid (Dietician) Handing gift to patient



KZN students delivering a health talk



Maternity staff orchestrated an educational song on breast-feeding



PUBLIC RELATIONS

Complaints, suggestions and compliments, received from internal and external stakeholders are managed in the Public Relations Officer 's department.



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