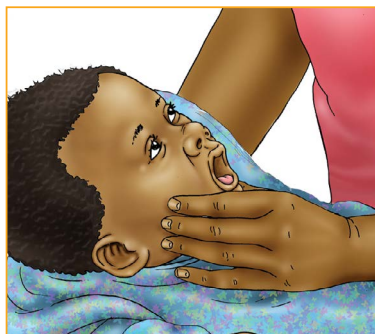
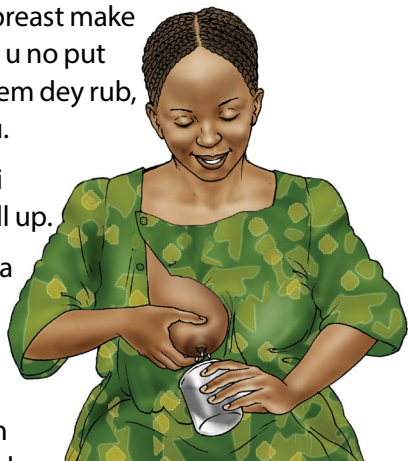


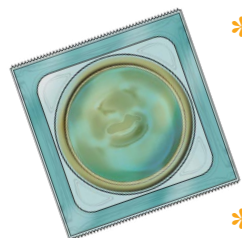
How u go give pikin breast make wahala no dey

- * Make u kari ya pikin well and make im put im mouth well well for ya breast make milik for dey flow well well. Dis one go helep make ya breast no come swell up come dey pain u and make u for no get wound for di mouth of ya breast. To dey give pikin breast nor suppose dey pain di mama.
- * If u get wound for di mouth of ya breast make u put breast milik ontop am, make u no put any kain cream or melecine wey dem dey rub, unless na di one wey doctor give u.
- * Give pikin breast suck plenti plenti time make ya breast no come swell up.
- * If pikin no suck breast well or say ya breast come full too much, u fit use ya hand press di milik komot. Dis go helep make ya breast soft.
- * U fit keep di breast milik wey u don press komot from ya breast for cool place, but make e no stay pass 6 hours to 8 hours.
- * If say one or two of ya breast dey pain u or come dey hot wen u touch dem, make u go see dokita.
- * Make u check to see weda any kain small small wound dey inside ya pikin mouth. If u see any wound, make u kari pikin go see dokita.
- * If u get wahala ontop to dey give ya pikin only breast, make u talk with dokita or person wey dem don train ontop di matter.



Di things wey u no suppose forget

- * To give breast to ya pikin dey good for ya bodi and for ya pikin bodi and e dey good for ya family and even for di beta of we country Nigeria.
- * To dey give only breast to pikin inside 6 months wey u born am, go helep make u no kari anoda belle, if say u neva begin see ya period afta u born. Make u try see dokita or person wey get experience wey go helep u ontop how to dey give time afta u born pikin before u kari belle for anoda one.
- * Wen ya pikin don reach 6 months make u still dey give am breast suck and make u start to dey give am oda food chop join di breast milik.
- * Make u shine ya eye for pikin, if u see say pikin dey shit shit plenti times for inside one day, or say malaria dey wori am, or say pikin no dey breathe well or say im no no dey gree chop, make u sharp sharp go see dokita for hospitu.
- * If u be mama wey get HIV, make u no give ya pikin breast wen u get wound or wen blood dey komot from di mouth of ya breast. Make u give am di oda breast wey no get wound or blood and make u use ya hand dey press di milik komot troway from di breast wey get wahala.
- * Wen mama get HIV before or come get am wen im dey give pikin breast, di chance say dis mama go kari di HIV give im pikin plenty o. Make di mama dey use condom well well anytime wey she wan sleep with man.
- * To fit save ya pikin, make u go do test make u for know weda u get or no get HIV.



This brochure was adapted for UNICEF New York from material developed by University Research Co., LLC. It was adapted for Nigeria and produced for World Breast Feeding Week (1-7 August, 2011) with support from the Infant and Young Child Nutrition Project (IYCN), funded by USAID Nigeria.

How to give pikin breast suck



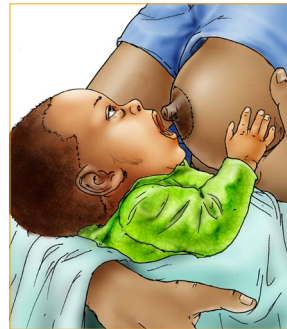
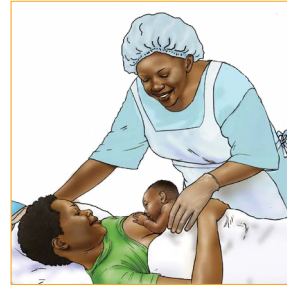
To give pikin breast suck

Wetin u suppose know?



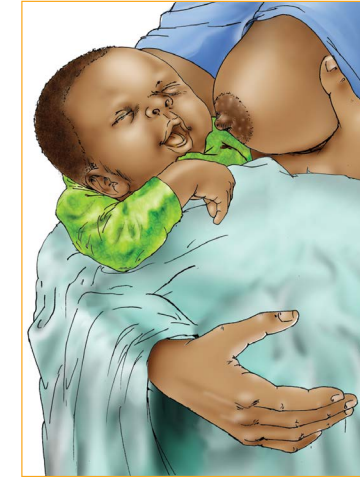
- * E dey good make u start to dey give ya pikin breast suck just as u born am (inside 30 minutes wey u born am). Dis go helep make ya breast begin make di milik for ya pikin.
- * Make sure say u give ya pikin dat first milik wey dey komot for ya breast wey dey yellow (oyinbo dey call am Colostrum). Na dis colostrum go helep make ya pikin no catch many nyama nyama disease dem.
- * Breast milik go give ya pikin all di food and all di water wey im need from wen u born am take reach 6 months.
- * To give ya pikin only breast (exclusive breastfeeding) mean say na ONLY breast u go dey give ya pikin. U no go give pikin any oda milik dem, food or drink even sef small water. Na only di melecine wey dokita say make u give am na im u fit give.
- * If u give ya pikin breast come dey join am with oda milik dem, ogbonge food and oda things to drink before six month reach, e no good for ya pikin bodi at all at all. E dey cause sey ya breast no go dey make plenty milik and e fit make ya pikin dey sick sick.
- * If u dey komot and u no fit kari ya pikin along, u fit press milik komot from ya breast keep inside clean cup for ya pikin.

Make u helep ya pikin put mouth well well for ya breast.



- * Make sure say u start to dey give pikin breast suck inside 30 minutes wey u just born am.
- * If pikin hold im mama breast well well for mouth, e go helep ya pikin suck well well.
- * If pikin hold im mama breast well well for mouth, e go helep ya breast to dey make plenti milik.
- * If pikin put mouth well for im mama breast, e go helep make di mama no get wound for di mouth of im breast.
- * For u to sure say pikin put mouth for breast well well:
 - Make u take di mouth of ya breast take touch pikin mouth.
 - Make u wait for pikin to open im mouth well well.
 - Quick, quick bring ya breast from bottom, aim di mouth of ya breast up near di inside top of ya pikin mouth.
 - Make ya pikin take ya breast full im mouth.
- * Di 4 things u go see to take know say pikin mouth dey for breast well:
 1. Pikin mouth go open well well.
 2. U go dey see plenti of dat black area of mama breast mouth ontop di pikin mouth pass under im mouth.
 3. Pikin lip wey dey under go shoot out and come pull down as im dey suck.
 4. Pikin chin go dey touch ya breast.
- * Pikin go dey suck breast slow slow, suck am fast fast, afta im go stop rest small before im continue.

How many time I fit give my pikin breast suck



- * Give ya pikin breast suck anytime wey im want am weda na for daytime & for nighttime like 8 times go reach 12 times everyday.
- * If u give pikin breast suck plenti time for inside one day, e go helep ya bodi to dey make plenti milik for ya pikin.
- * Make u let ya pikin suck one breast finish take im hand komot im mouth by imself. Give am di oda breast, na pikin go decide weda im wan suck more join or not.
- * U go know weda ya pikin dey suck enough breast milik, if im piss come dey yellow and im dey piss reach like 6 times everyday and u go see say im dey add bodi.
- * Make u dey take time sidon or lie down for ground to dey give ya pikin breast and make u dey look am and dey give am attention. Make u dey keep ya pikin near u both for daytime and for nighttime.

