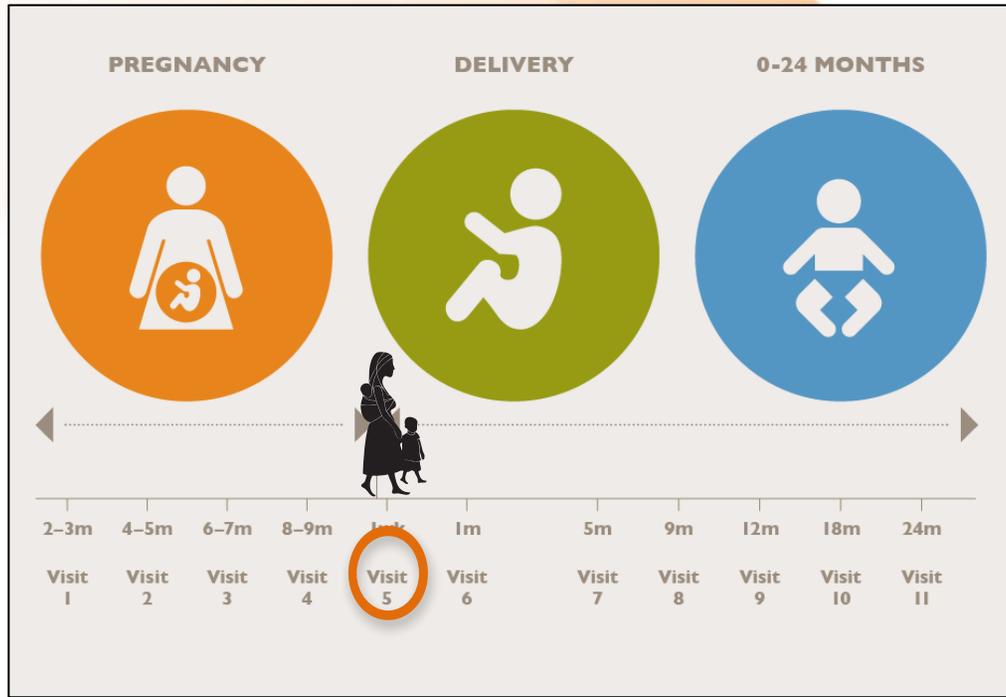


# VISIT 5

# VISIT 5



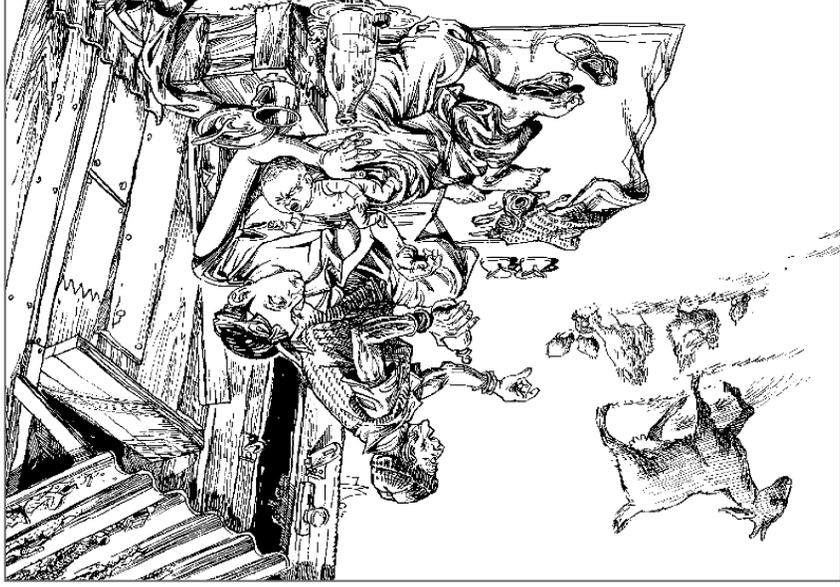


A few days ago **Madupe** had a baby.  
**Madupe's** baby is fussy and cries all night.  
**Madupe** thinks she doesn't have enough  
milk yet to satisfy the baby.

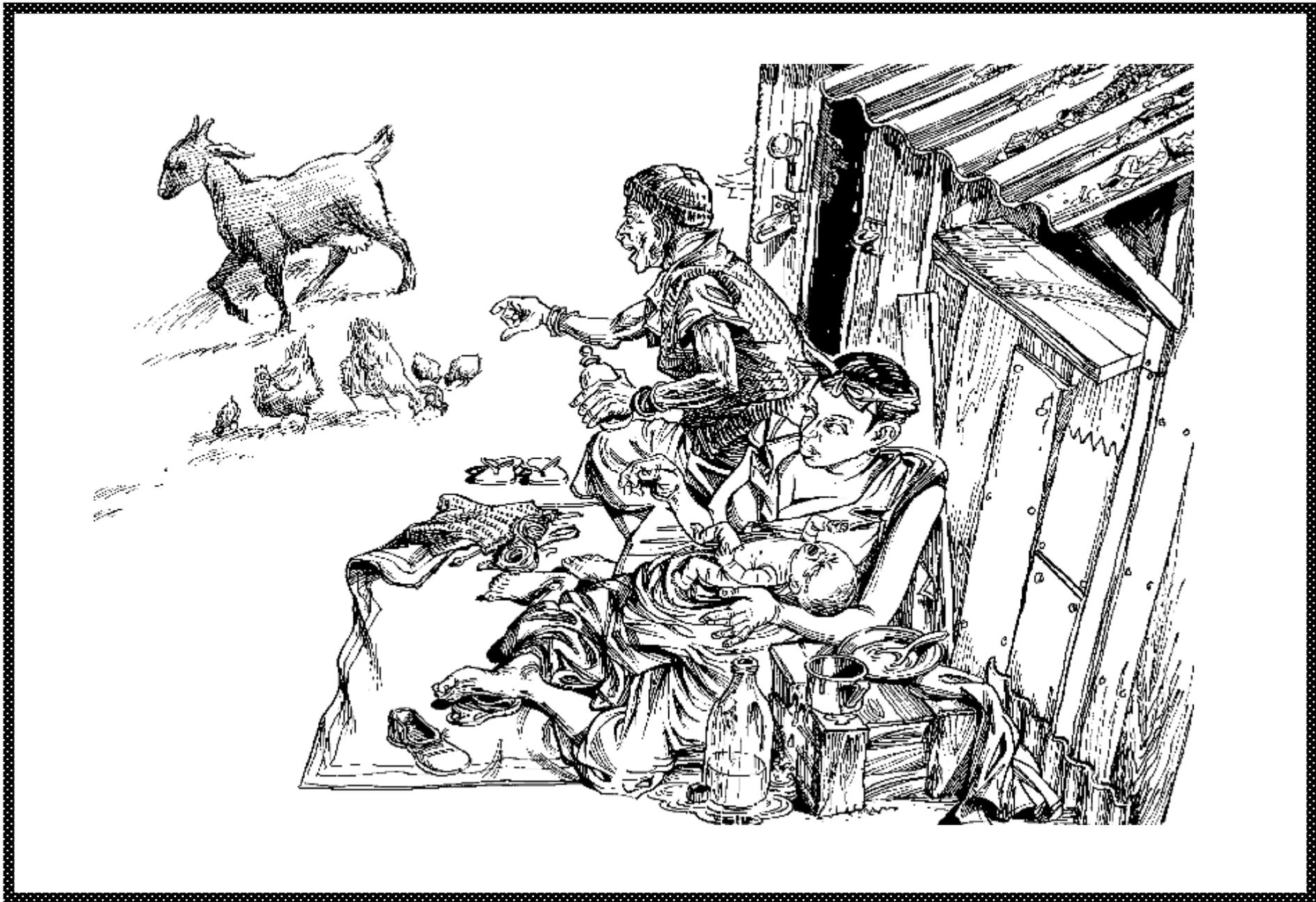




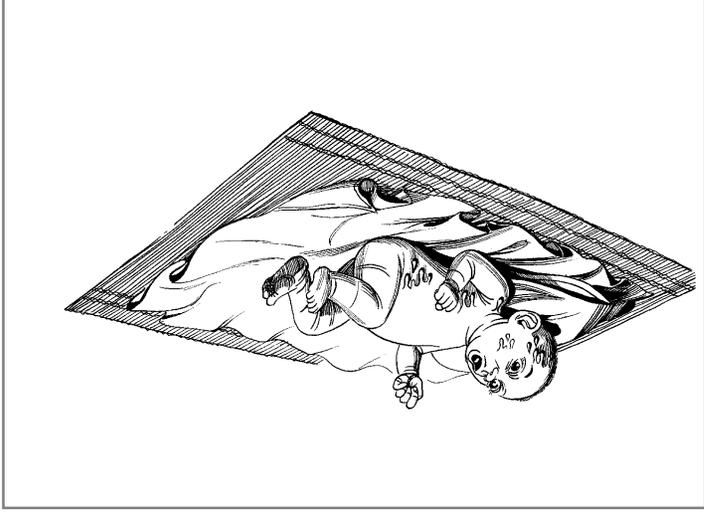
**Problem Story: Essential Newborn Care and Breastfeeding**



Madupe's mother tells her to get milk from the goat and give it to the baby in a bottle.

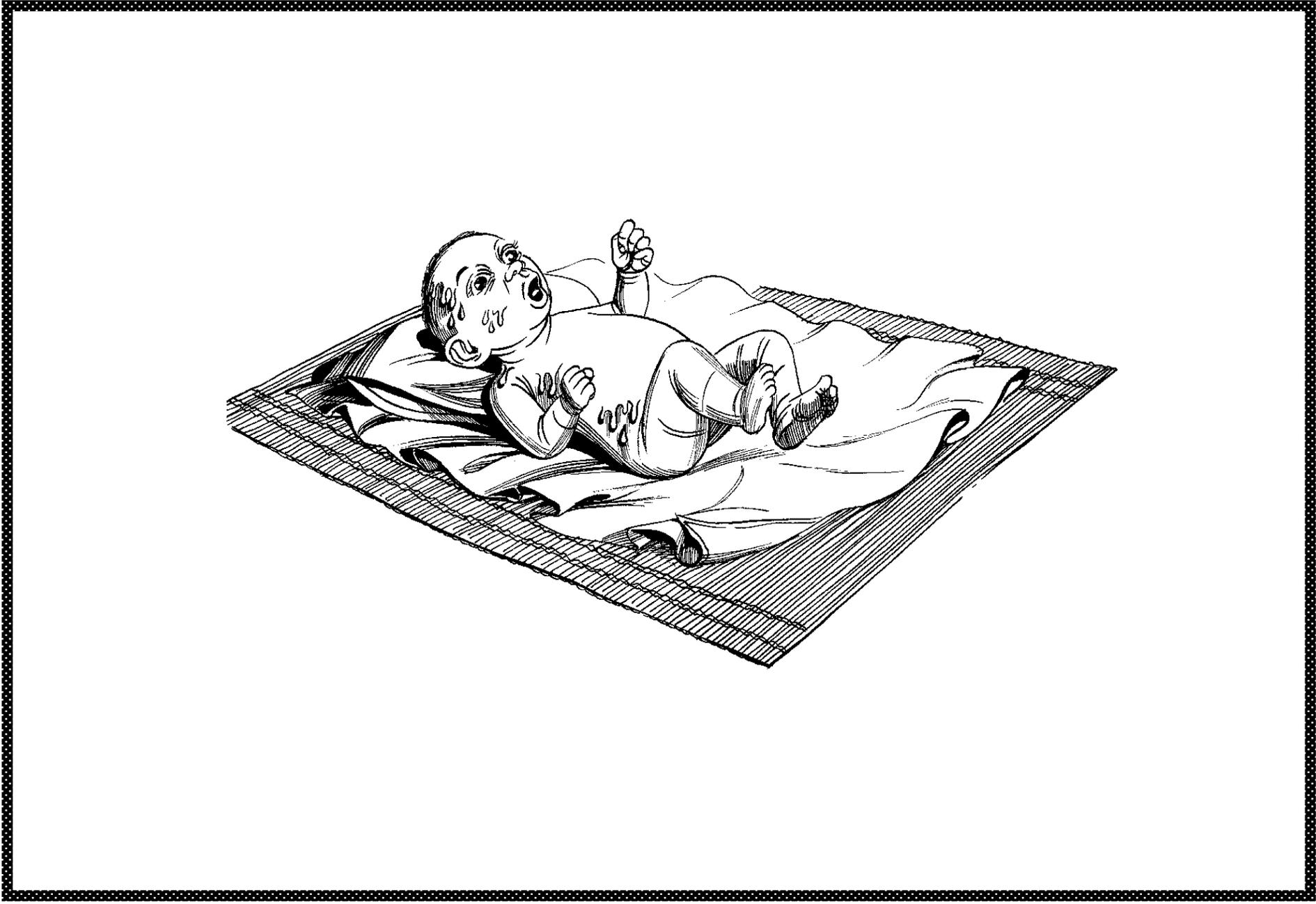


# Problem Story: Essential Newborn Care and Breastfeeding

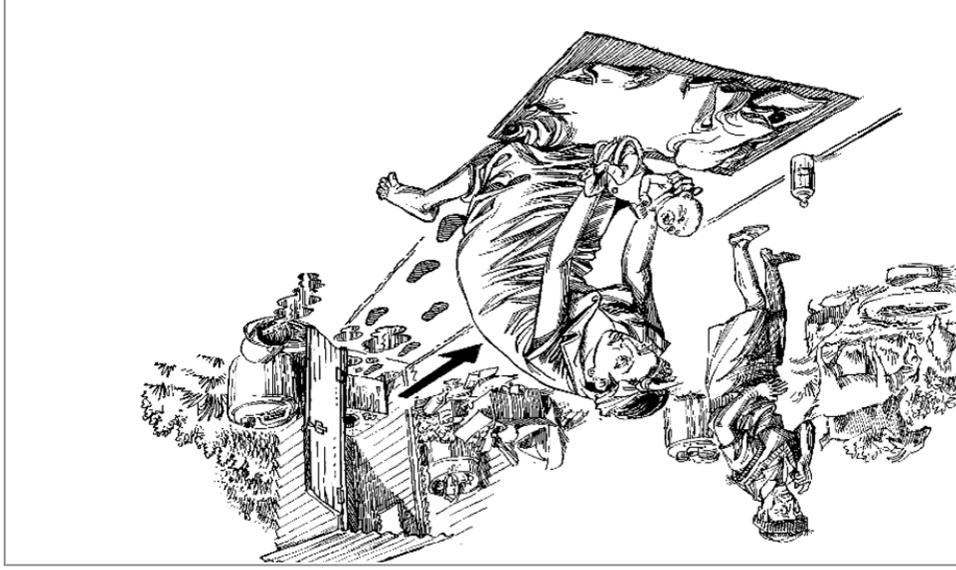


The next day the baby becomes feverish and lethargic. The baby has difficulty breathing and stops crying.

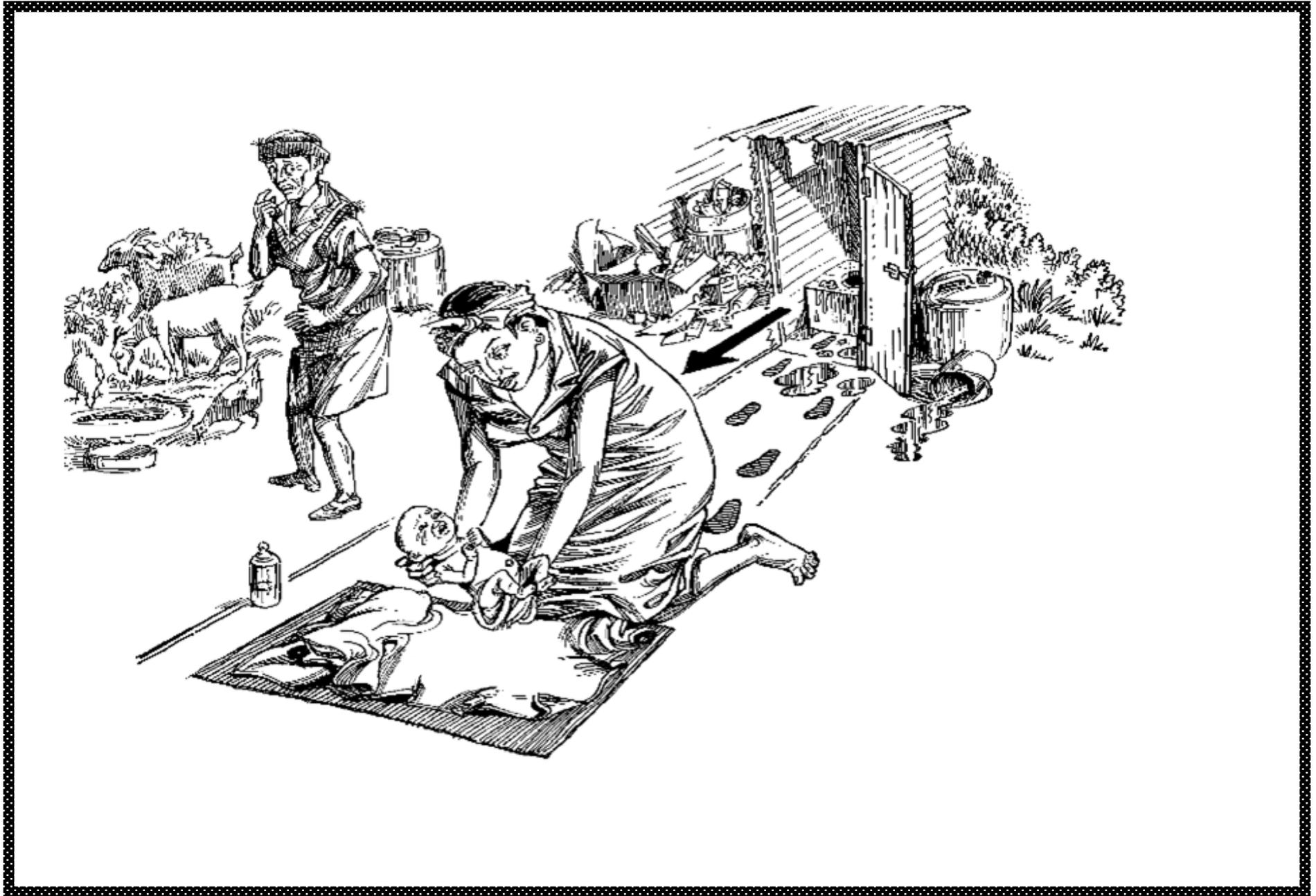




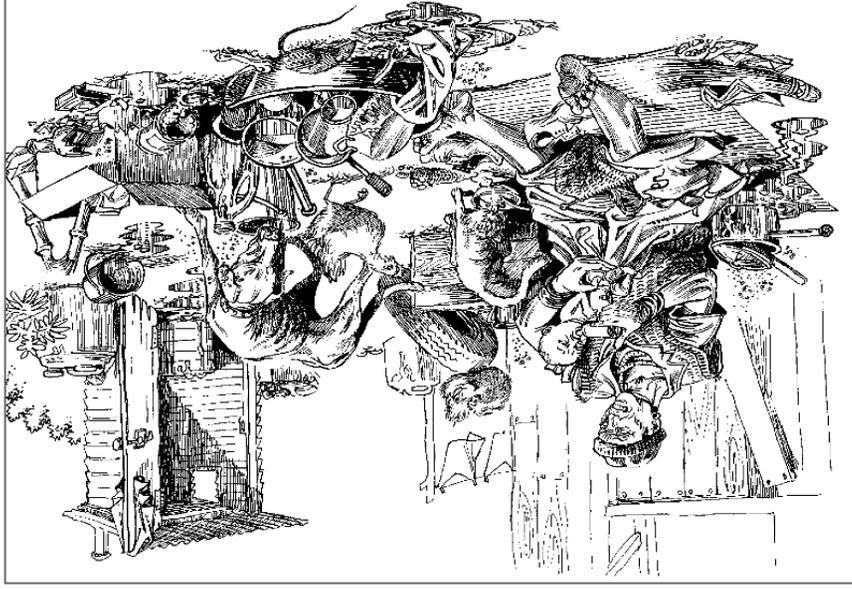
**Problem Story: Essential Newborn Care and Breastfeeding**



Madupe uses the latrine and touches the baby without washing her hands. The baby seems to be weak.



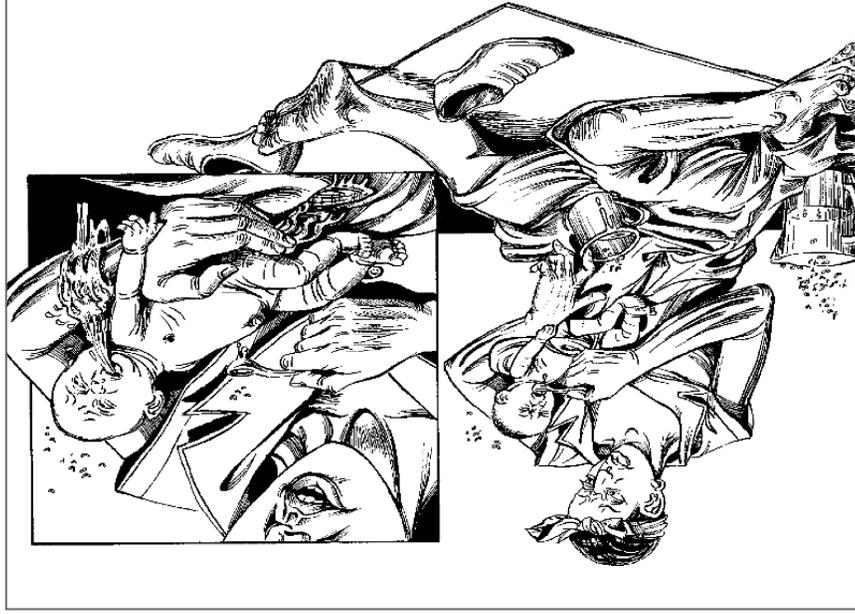
**Problem Story: Essential Newborn Care and Breastfeeding**



Madupe's mother is concerned about the baby. She spends most of the day holding the baby in unclean surroundings.



**Problem Story: Essential Newborn Care and Breastfeeding**



Madupe notices the baby looks weaker and decides to give the baby some water. The baby begins to vomit.



**Problem Story: Essential Newborn Care and Breastfeeding**



Madupe and her mother start walking to the health clinic.





**Problem Story: Essential Newborn Care and Breastfeeding**



Along the way the baby stops breathing.





**Problem Story: Essential Newborn Care and Breastfeeding**



- Problem Story: Essential Newborn Care and Breastfeeding: Guiding Questions**
1. What behaviours / practices did they see in the story (positive or negative)?  
**Possible answers:**
    - **Madupe** doesn't have confidence about her breastfeeding
    - She doesn't know how to stimulate her breasts so that the milk will come
    - She gives goat's milk to the baby
    - She doesn't wash her hands
    - She feeds the baby using a bottle. The nipples of the bottle are not sterile (they are not clean enough, even if **Madupe** washes the bottle)
    - She doesn't notice that the baby has a fever and that the baby has difficulty breathing
    - The baby is in unclean surroundings
    - She gives water to the baby
    - **Madupe** and her mother wait too long to get help for baby
    - The baby is kept naked: the baby is not warm
  2. Do similar things happen in your community?
  3. Do any of these happen in your own experience/family/ home? What might you do differently?





**Problem Story: Essential Newborn Care and Breastfeeding**



**Lesedi** and **Solomon** have just had a baby. The baby is fussy and cries all night. Although the baby has been exclusively breastfeeding, **Lesedi** is now worried that she may not have enough milk to satisfy the baby.



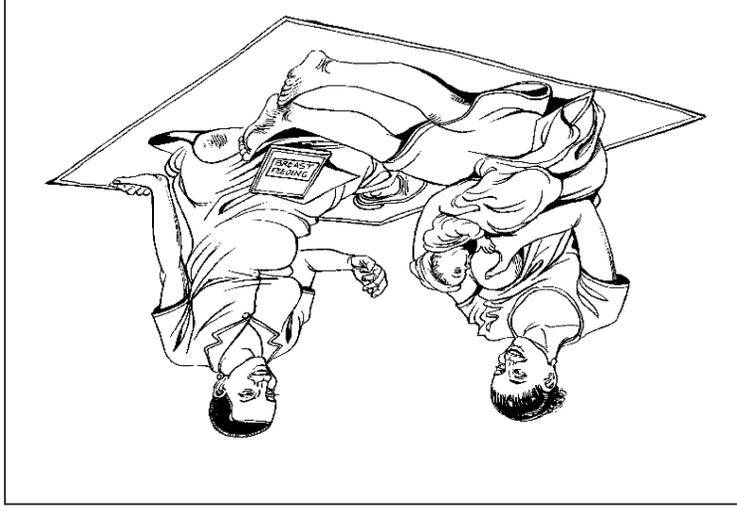


**Positive Story: Essential Newborn Care and Breastfeeding**



**Lesedi!** tells the TTC-HV that she is worried that she doesn't have enough breast milk and that her baby is crying from hunger. The TTC-HV explains to her that it is important to eat well and that her body will make enough milk for the baby. The TTC-HV tells **Lesedi!** the baby should eat around 8 to 12 times a day. The TTC-HV also explains that as long as the baby is feeding

regularly and urinating several times a day then **Lesedi!** can know the baby is getting enough milk.

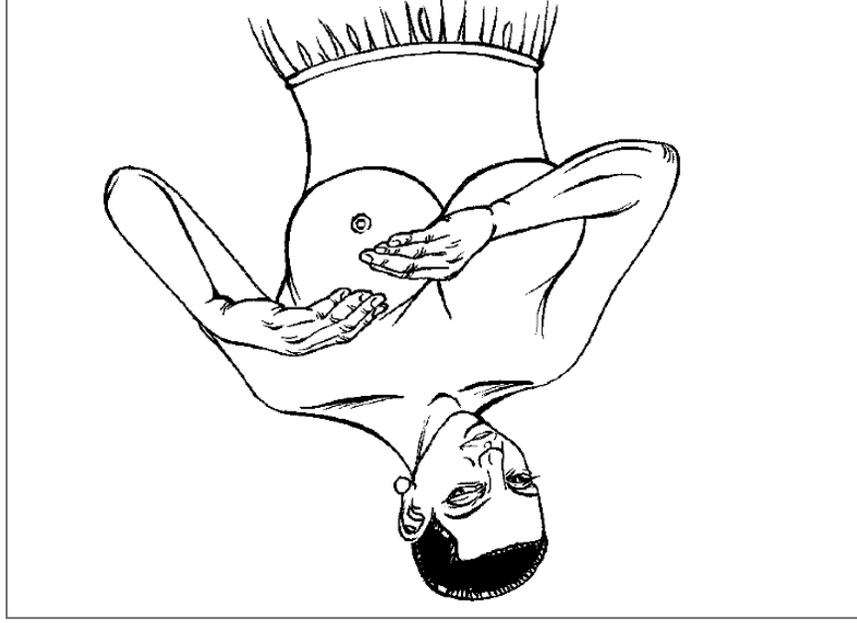


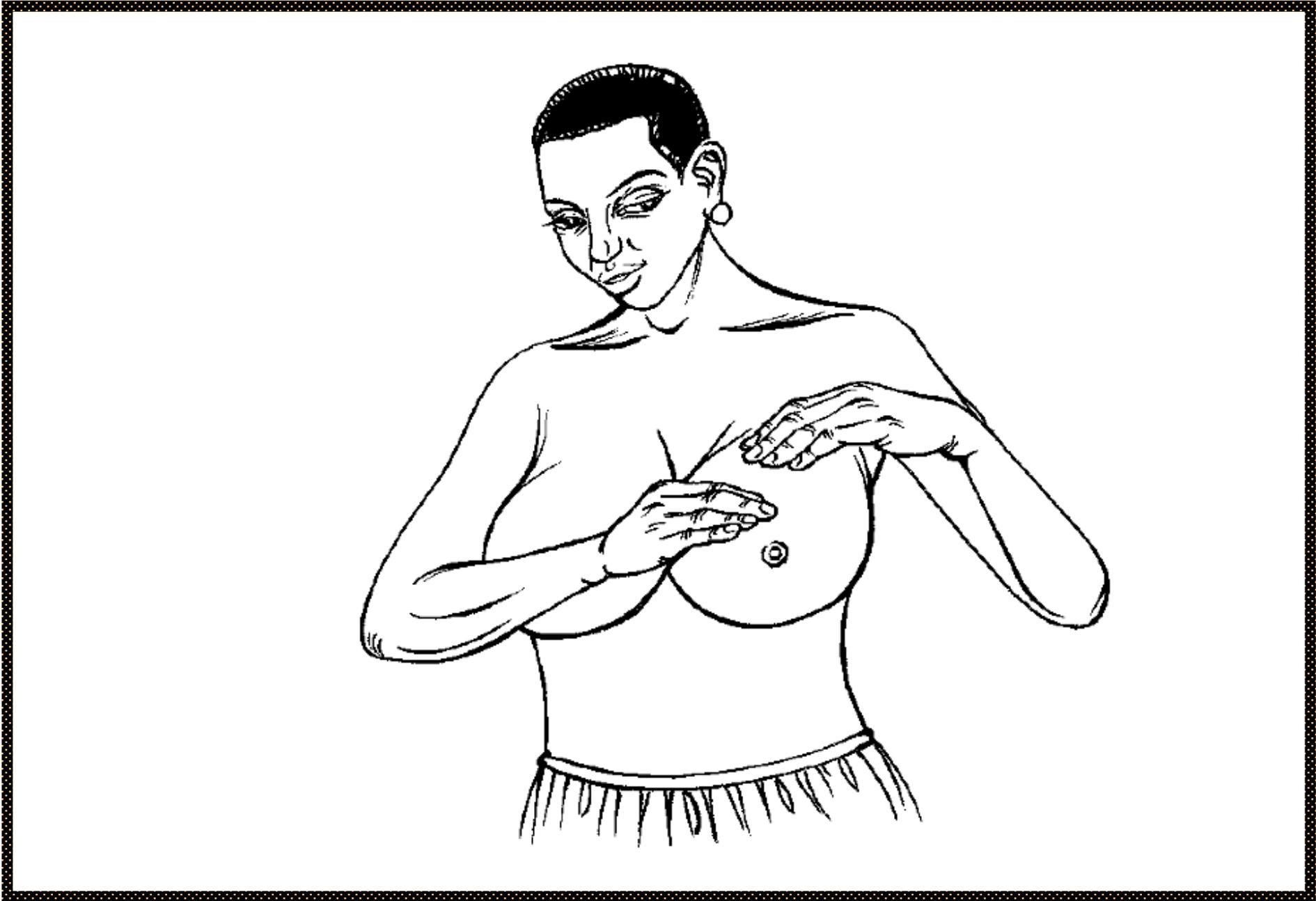


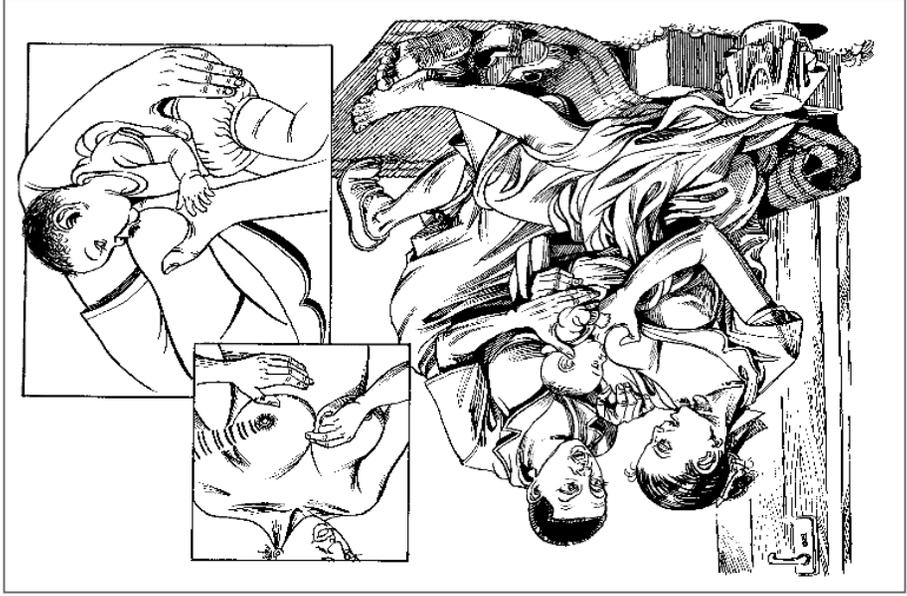
**Positive Story: Essential Newborn Care and Breastfeeding**



**Lesedi** says she has full breasts. The TTC-HV shows **Lesedi** how to massage her breasts so that the milk will come down and it will be easier to attach correctly. She explains that when **Lesedi** feels like she does not have milk, she should not stop breastfeeding the baby. She tells her that breastfeeding the baby regularly, day and night, will help her body to make even more milk.



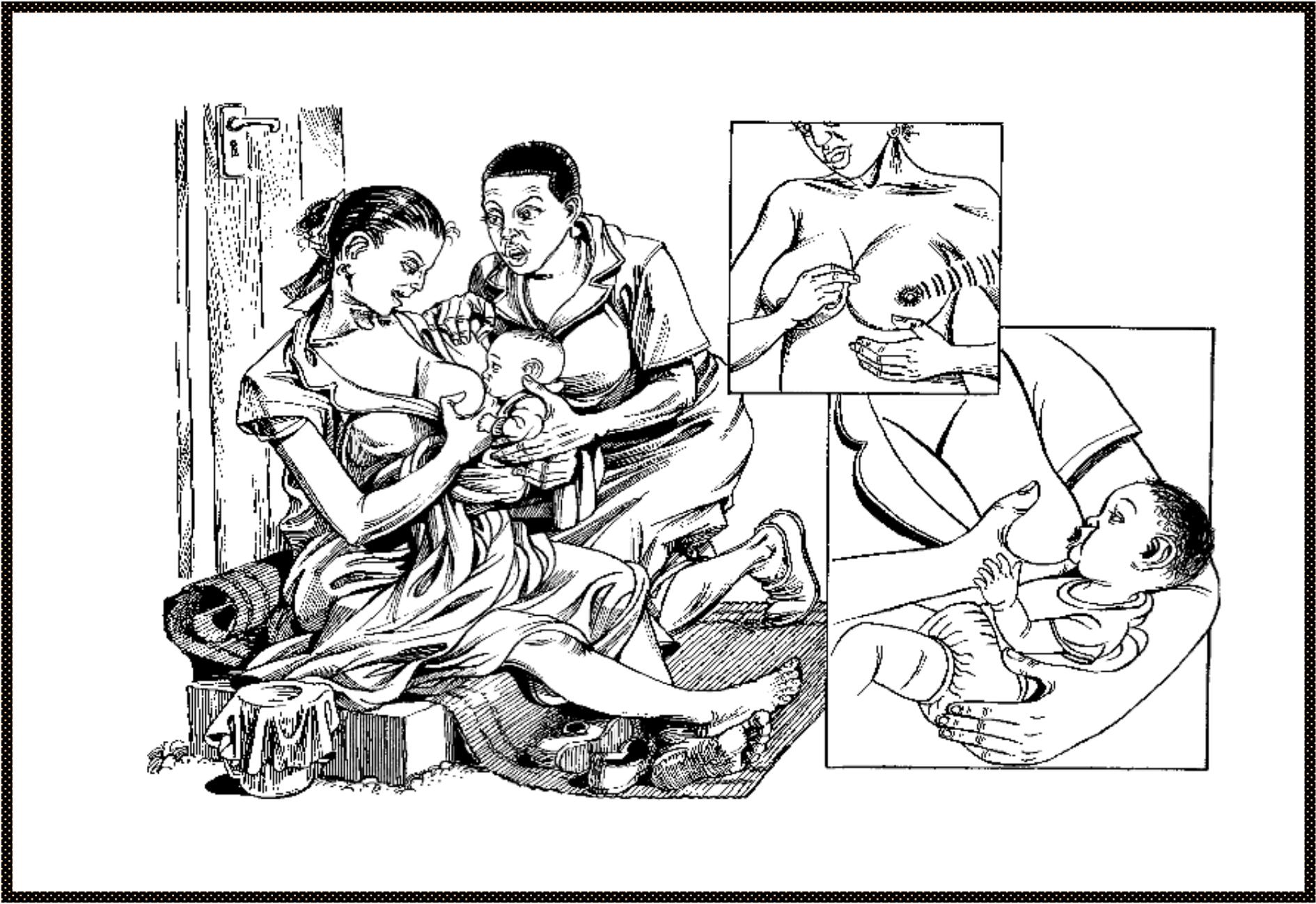




**Lesedi!** said that her nipples hurt and the TTC-  
HV explained that they may be sore if the baby  
is not latched correctly to the breast. This can  
also cause poor milk production. She helps

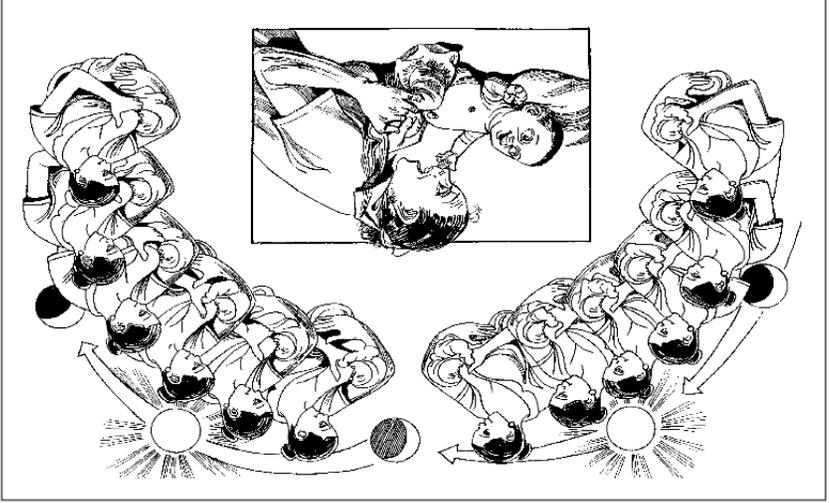
**Lesedi!** by showing  
her how to hold the  
baby and how to tell  
if the baby's mouth is  
correctly positioned  
on her breast.





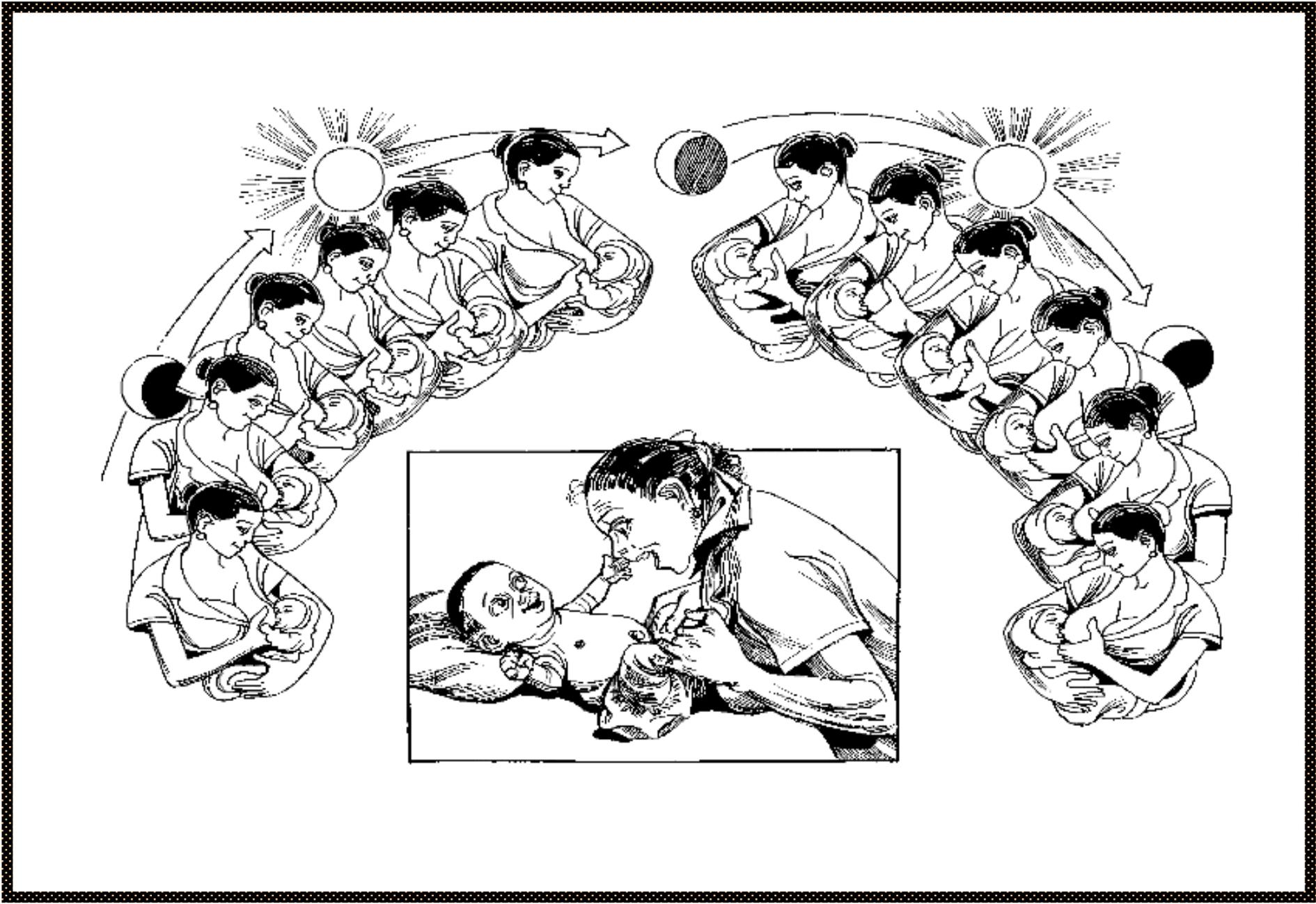


To develop fully babies need love and stimulation. Talking and singing to the baby will help Lesedi to develop a loving relationship and breastfeed well.



The TTC-HV tells **Lesedi** small babies have very tiny stomachs and so will eat every 2-3 hours, even during the night. The TTC-HV advises her to stimulate the baby to keep her awake and ensure the baby is fully satisfied before falling asleep.



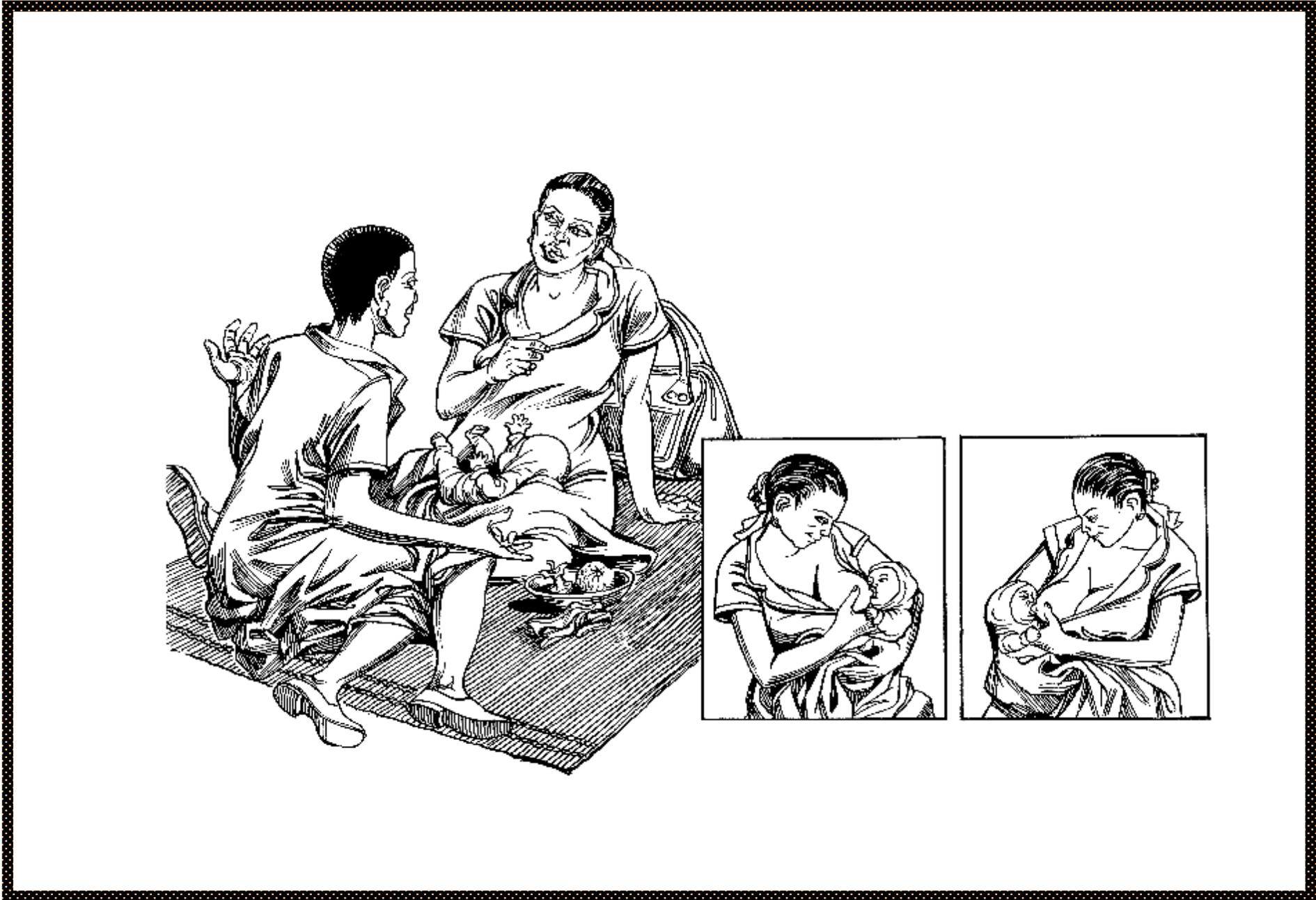


**Positive Story: Essential Newborn Care and Breastfeeding**



The TTC-HV tells **Lesedi** that to make the most milk she should feed the baby frequently, day and night, whenever the baby is hungry. She should make sure the baby finishes the milk from one breast before she changes to the other breast, to make sure it gets the fats, vitamins and minerals from the hind milk.





The TTC-HV tells **Lesedi** breast milk has all the water the baby needs and that her baby **NEVER** needs additional water even if the baby has a fever or if it is very hot outside. She also tells her she should never feed with a bottle because that could lead to an infection.

Giving the baby only breastmilk for six months will help to prevent diarrhea, pneumonia and other infections.







## N: Positive Story: Essential Newborn Care and Breastfeeding: Guiding Questions

1. What behaviours / practices did they see in the story (pos or neg)?

Possible answers:

- **Lesedi** receives advice on how to breastfeed her baby
- **Lesedi** breastfeeds her baby exclusively and the baby is healthy

Possible Answers: Breastfeeding:

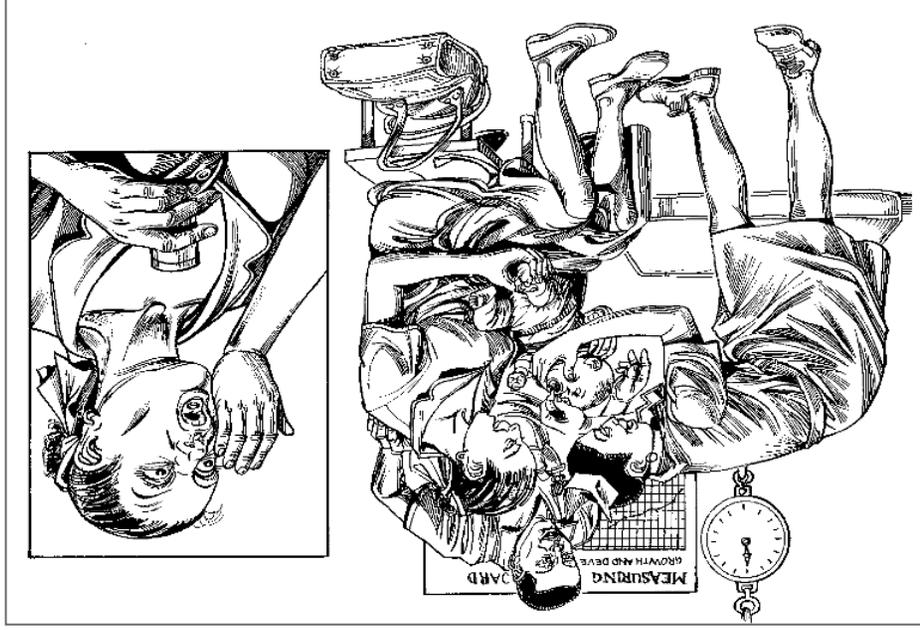
- Massage breasts from back to front to encourage milk forward
- Make sure baby is correctly attached to the breast
- Do not continuously switch breasts while feeding; empty one before changing; begin with the other breast on the next feed
- Breastfeed the baby exclusively. Don't give any other fluids
- Don't give bottles to the baby
- Feed every 2-3 hours
- Keep the baby awake while feeding
- Talk and sing to the baby
- Massage the baby's back and legs
- Talking and singing to baby

2. Do similar things happen in your community?

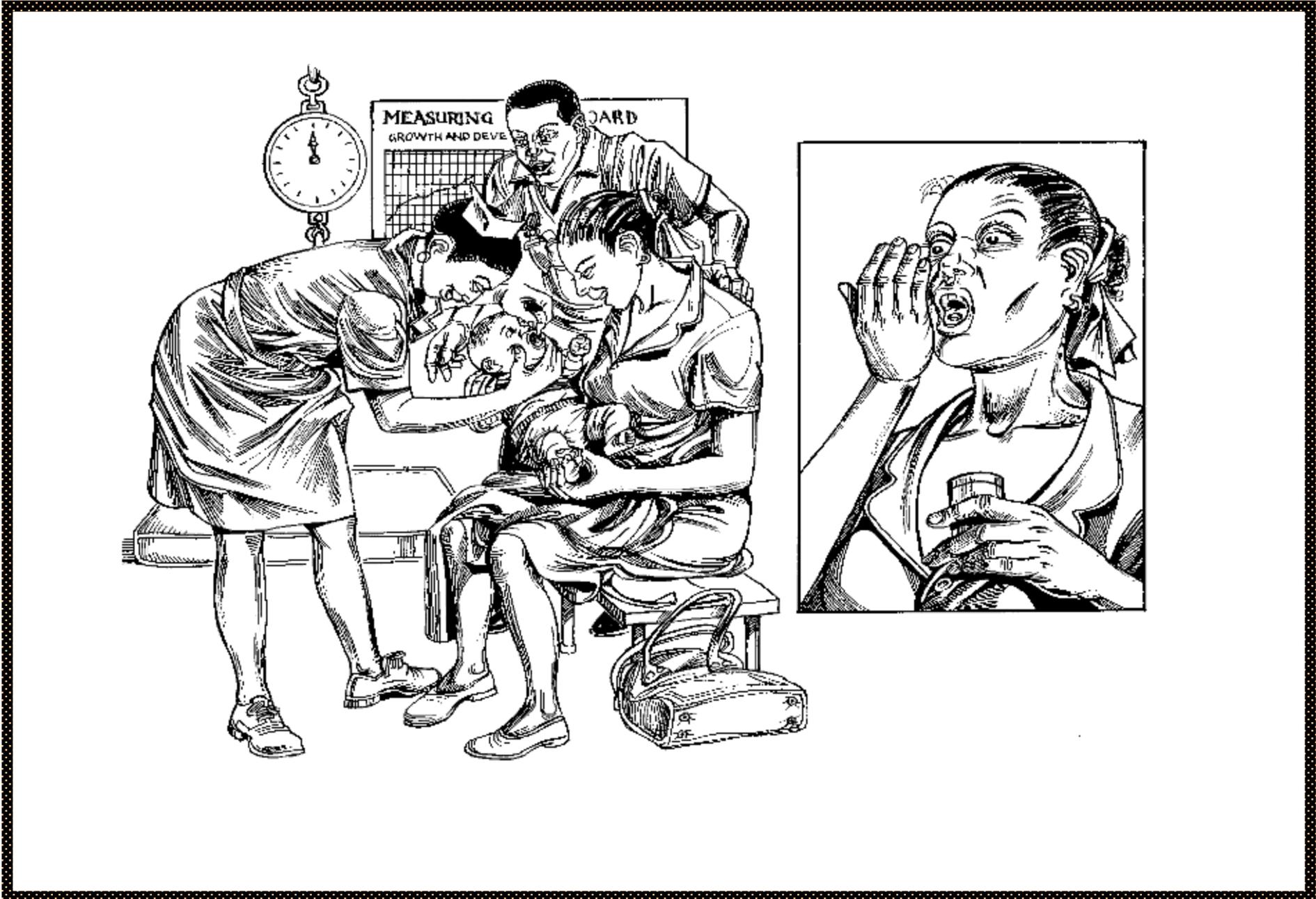
3. Do any of these happen in your own experience/family/ home? What might you do differently?



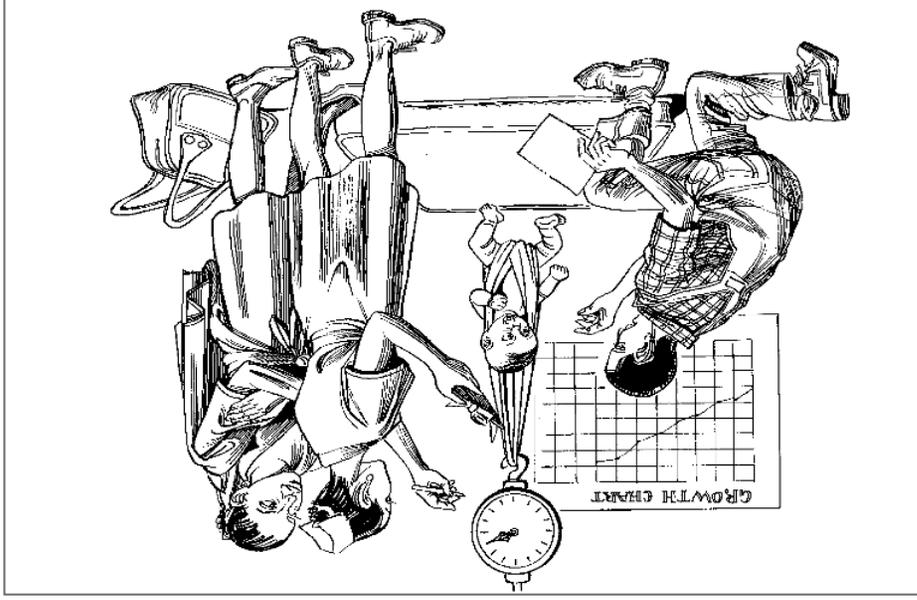




**Lesedi** gave birth to her baby at home. The next day **Lesedi** and **Solomon** take the baby to the health facility for birth immunizations. It is also time for **Lesedi** to receive iron and folate tablets to help her get strong again after her pregnancy and delivery.

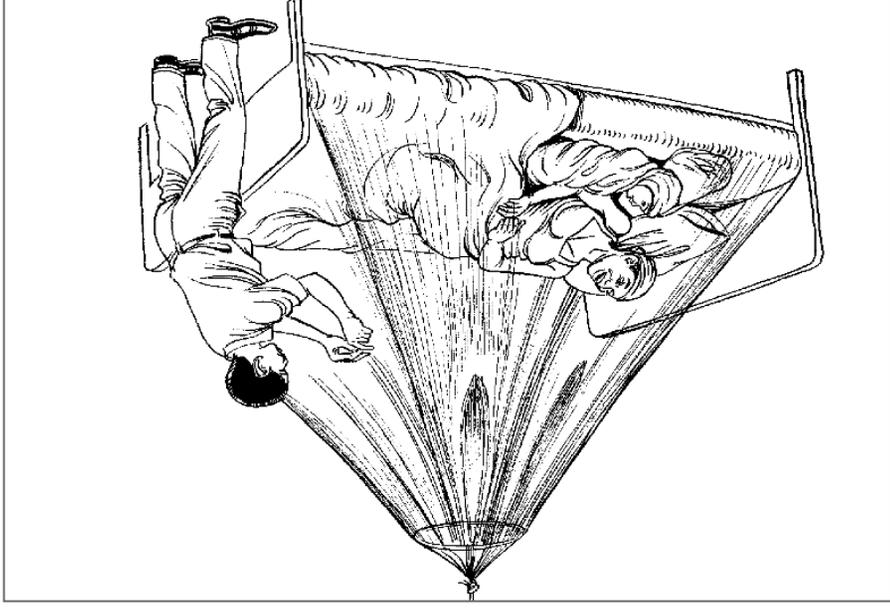


The nurse at the health facility explains that it is important to check and monitor the baby's growth. She weighs and measures the baby, and records the results on the baby's health card. She explains that it is very important to come back every month, so that the baby can have additional vaccinations and check that the baby is growing well.





After a long day they arrive home, where **Solomon** sets up the mosquito net under which **Lesedi** and her baby will sleep. He assures that the net is tucked under the mattress and that there are no holes or tears.





## Positive Story: Post-Natal Care: Guiding Questions

1. What behaviours / practices did they see in the story?  
Positive answers:

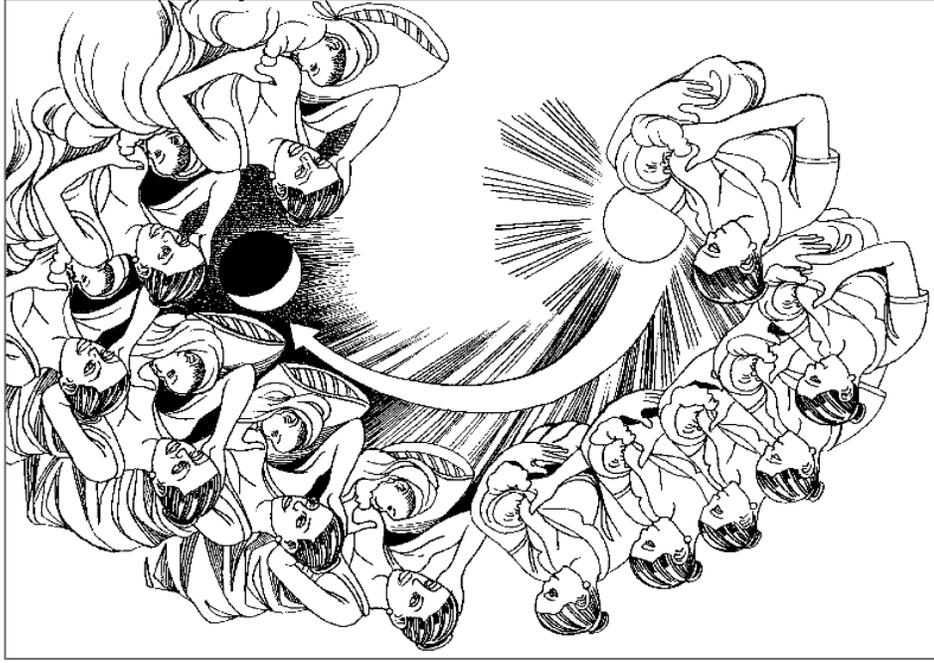
- Monitoring the growth of the baby
- Immunizations for the baby
- Iron and folate for **Lesedi**
- Baby sleeps under bednet with mother

2. Do similar things happen in your community?

3. Do any of these happen in your own experience/family/ home? What might you do differently?

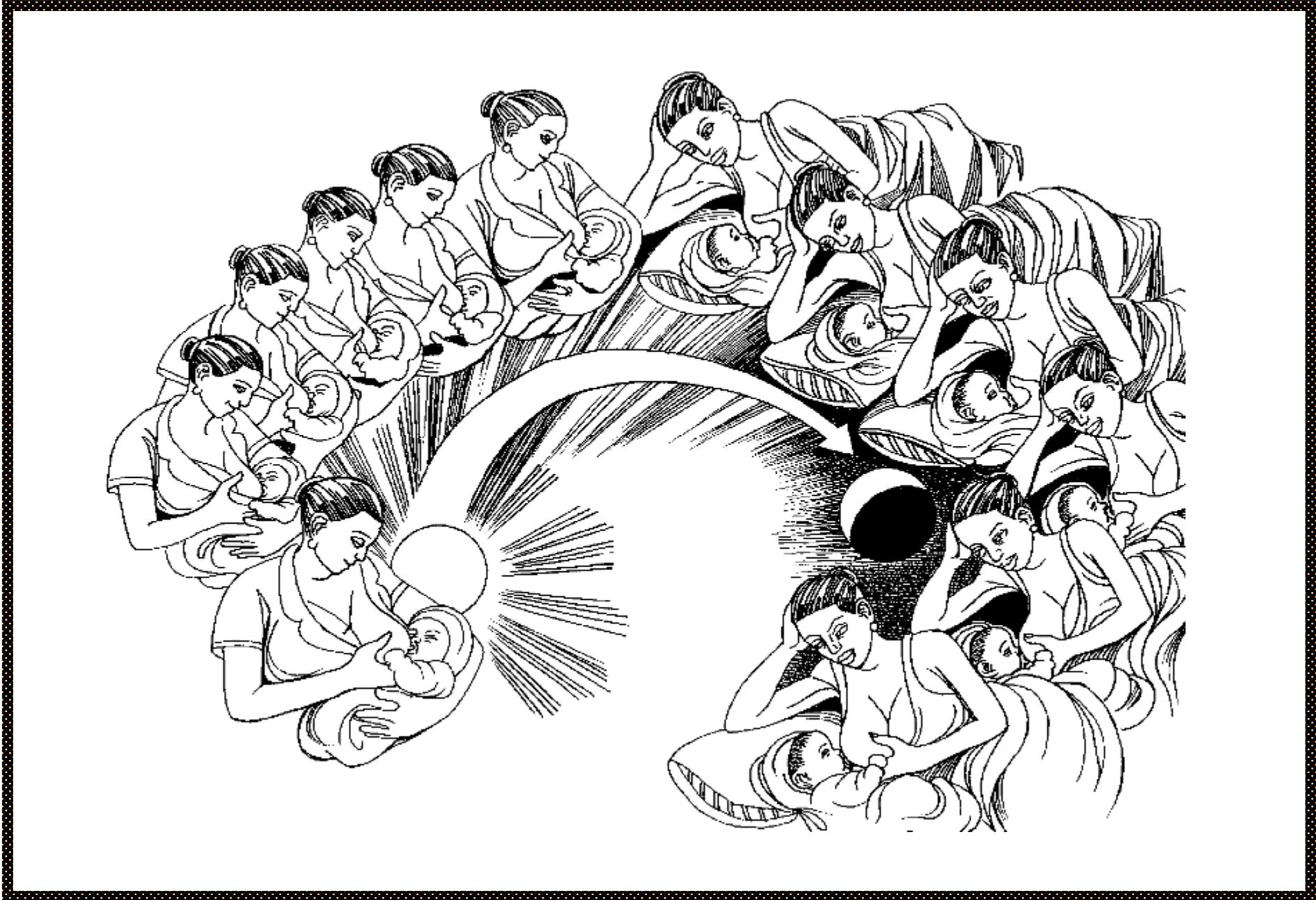






Breastfeeding frequently will help to produce more milk. Breastfed at least 12 times over 24 hours.





**Technical: Breastfeeding problems**



- The baby should be correctly attached to the breast when suckling:
- Chin touching breast
  - Mouth wide open
  - Lower lip turned outward
  - More areola above than below the mouth
- Baby should not detach from the breast frequently, or make clicking noises.







- The baby should be correctly positioned.
- The mother should also be in a relaxed, comfortable position
  - Support the baby's head with your hand or arm.
  - His/her head and body should be in a straight line.
  - Wait until its mouth is opened wide.
  - Bring the baby close to the breast and tickle its lower lip with the nipple
  - Move the baby onto your breast
  - The baby should have a big mouthful of breast with the nipple deep inside its mouth.





**Technical: Breastfeeding problems**



Completely empty one breast before switching to the opposite breast.



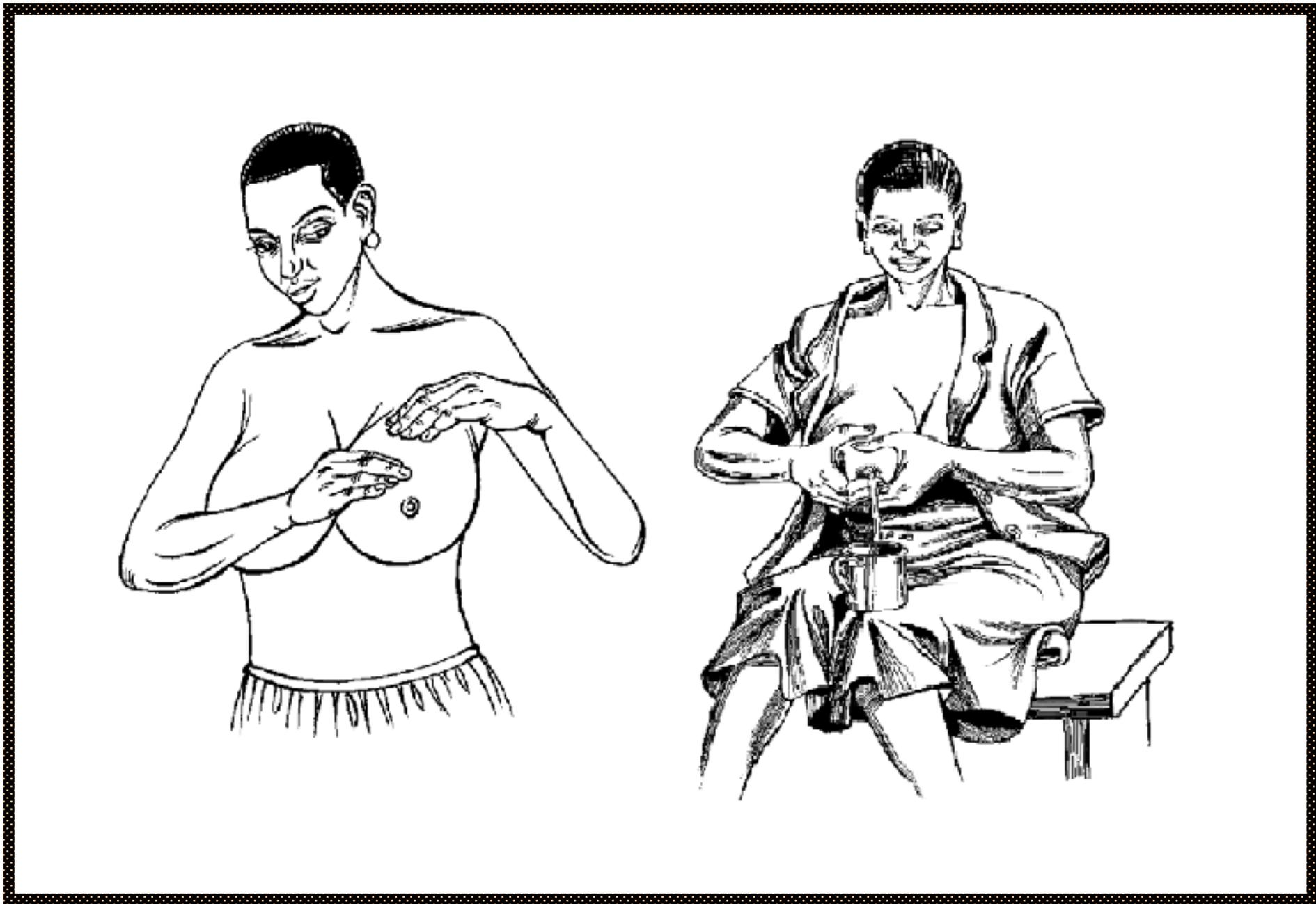


**Technical: Breastfeeding problems**



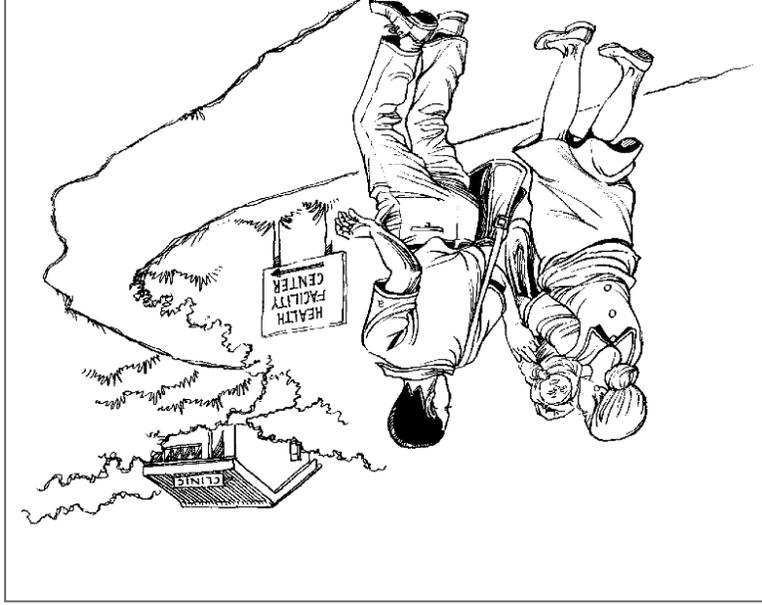
You can massage the breast to help the milk come down and express into a clean cup.



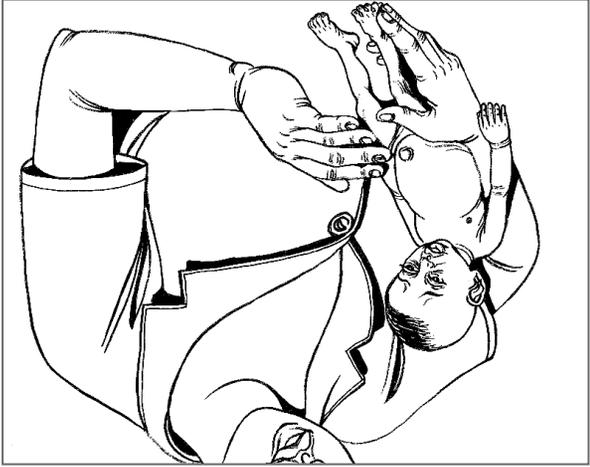




Take the baby to the health facility if the baby any of the following symptoms:



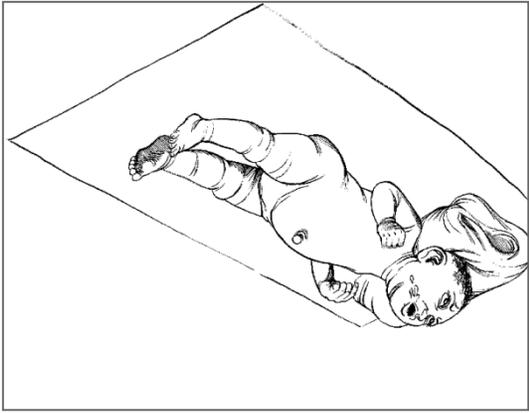




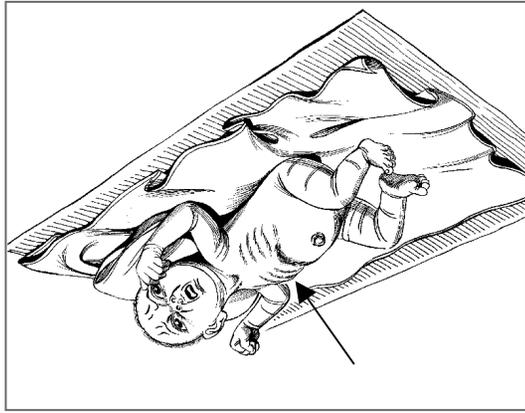
Less active / lethargic



Unable to feed

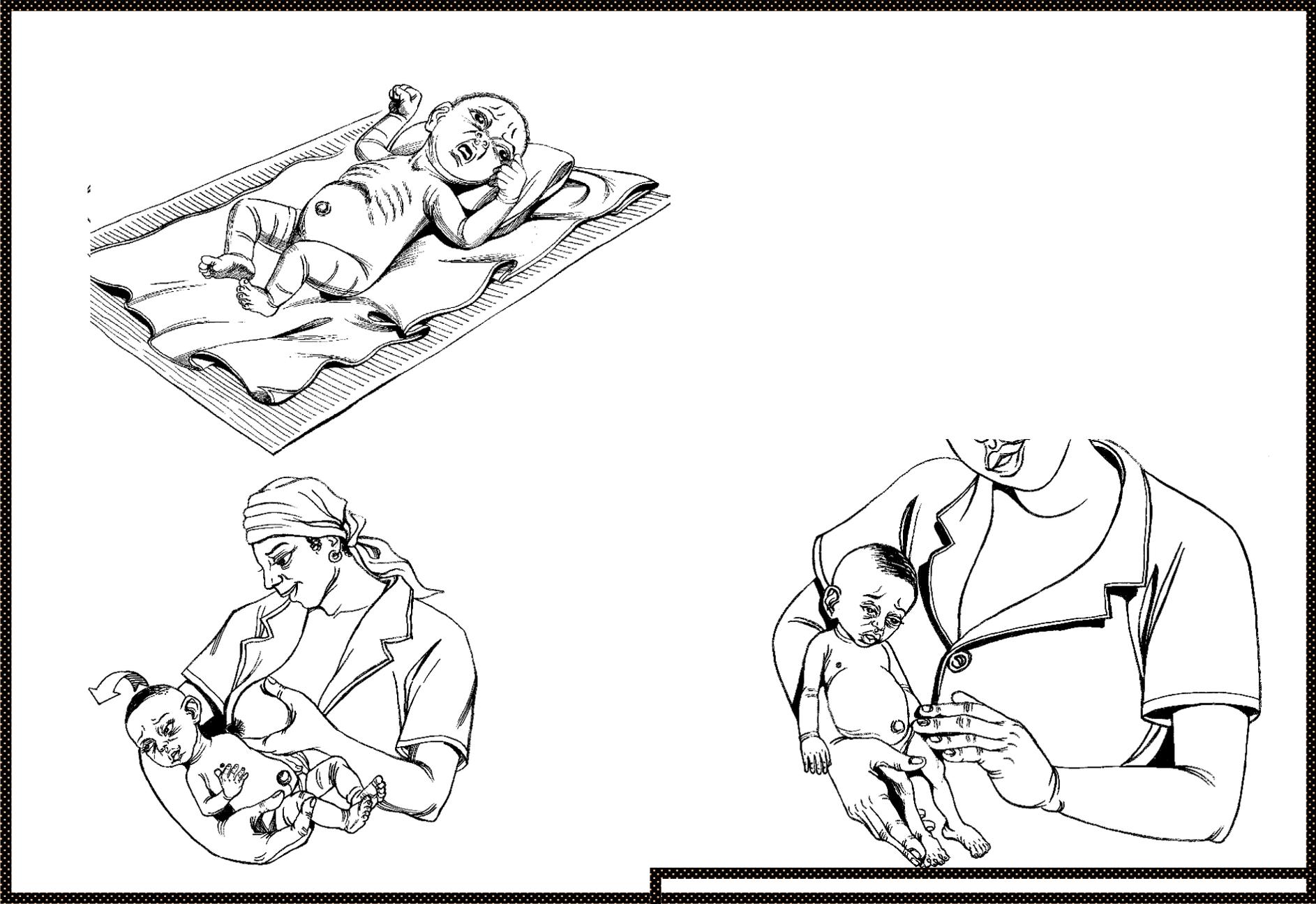


Rigid or fits



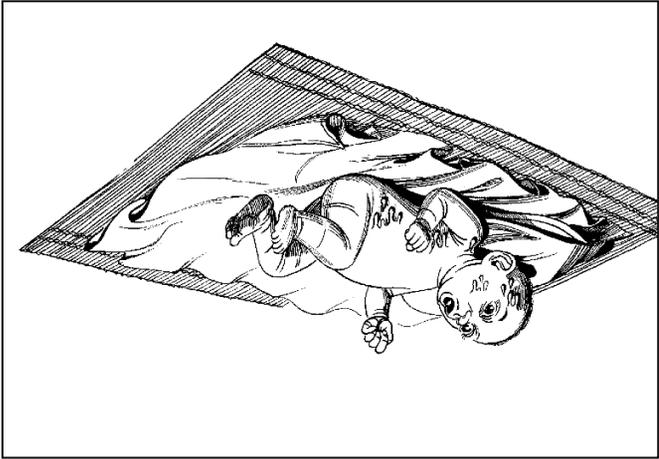
Trouble breathing with flaring nose, indrawn chest



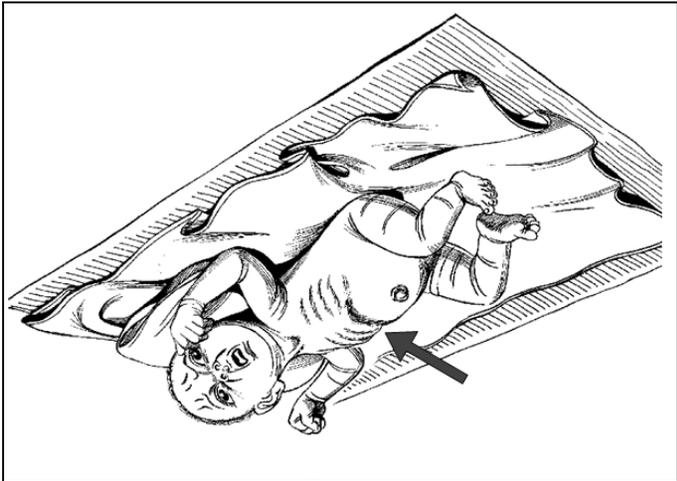




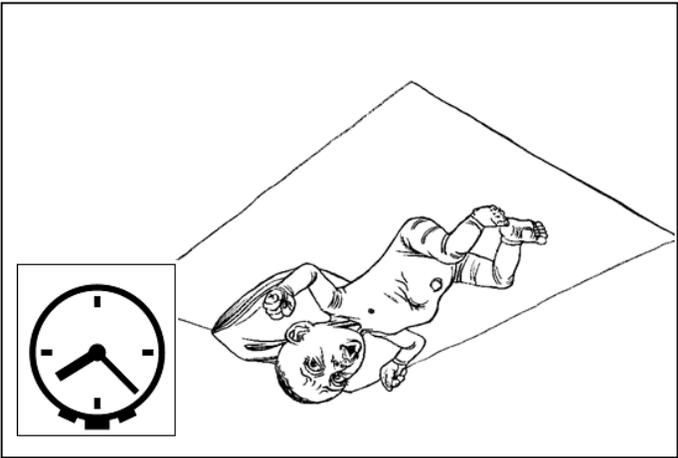
Fever, sweating

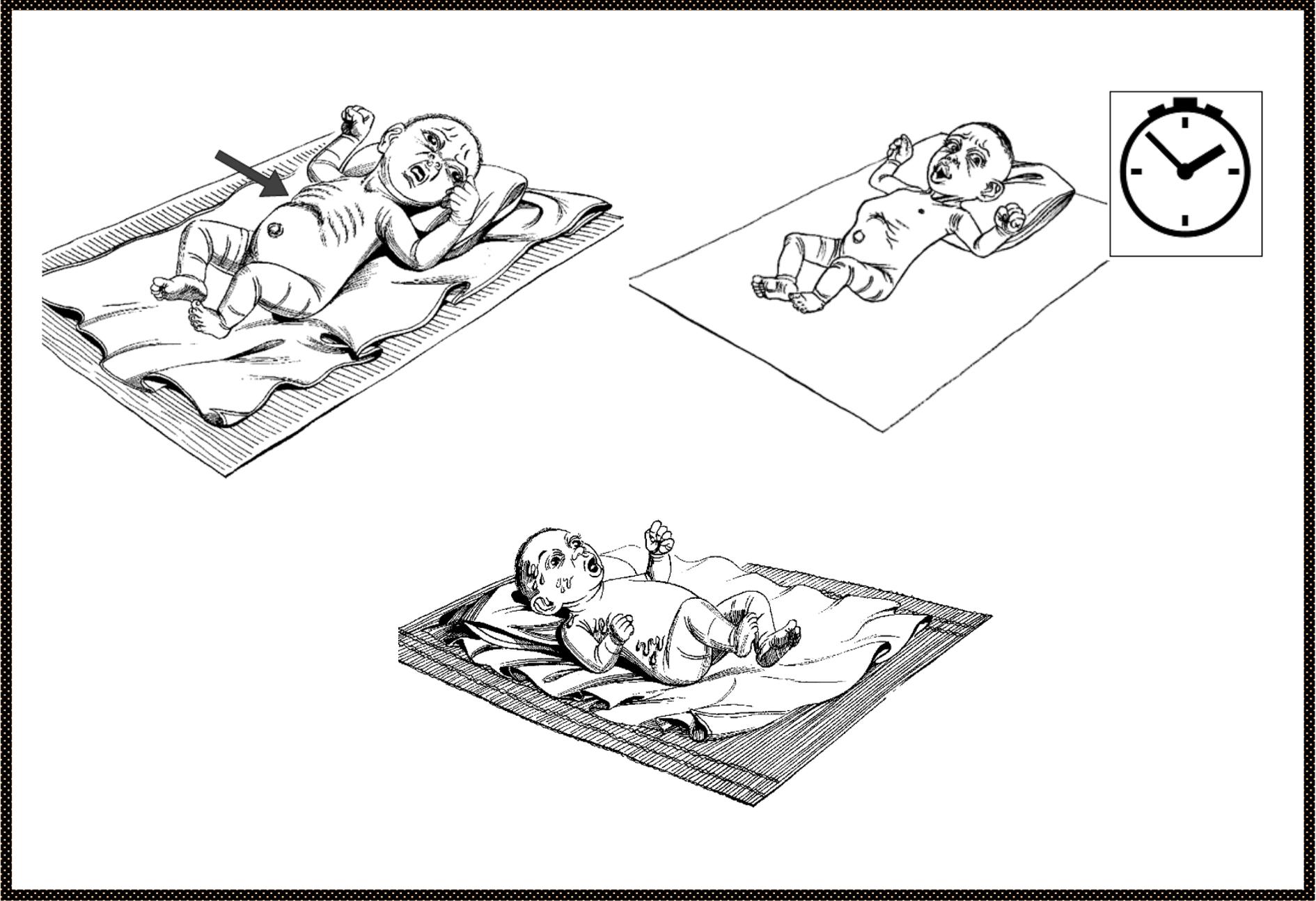


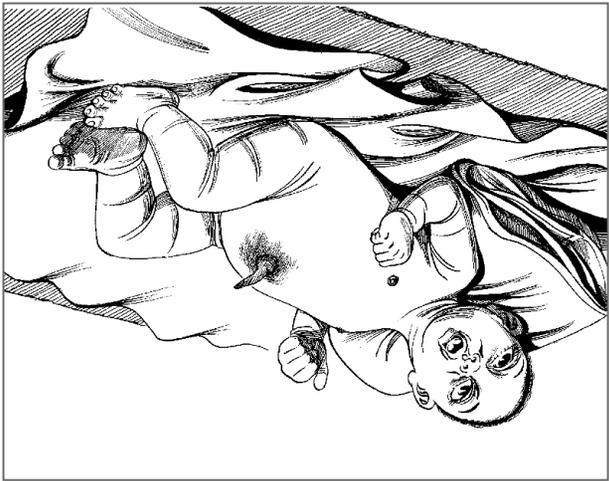
Chest indrawing



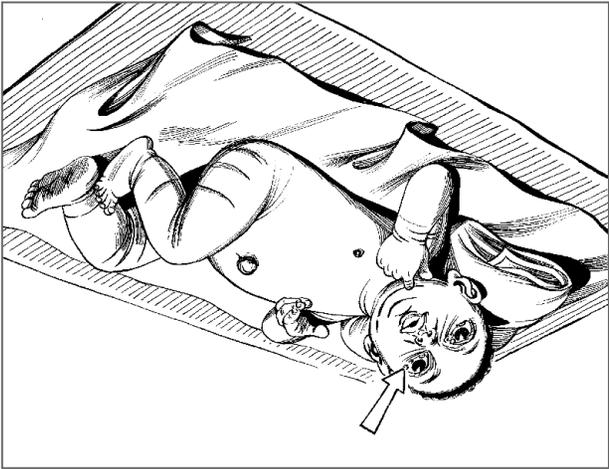
Difficult or fast breathing







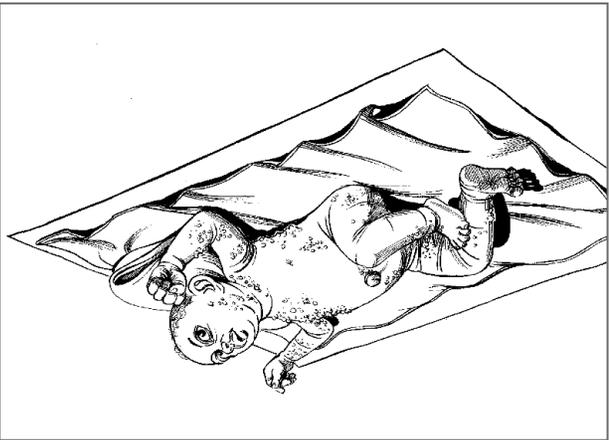
Pus and redness around cord stump



Pus in eyes

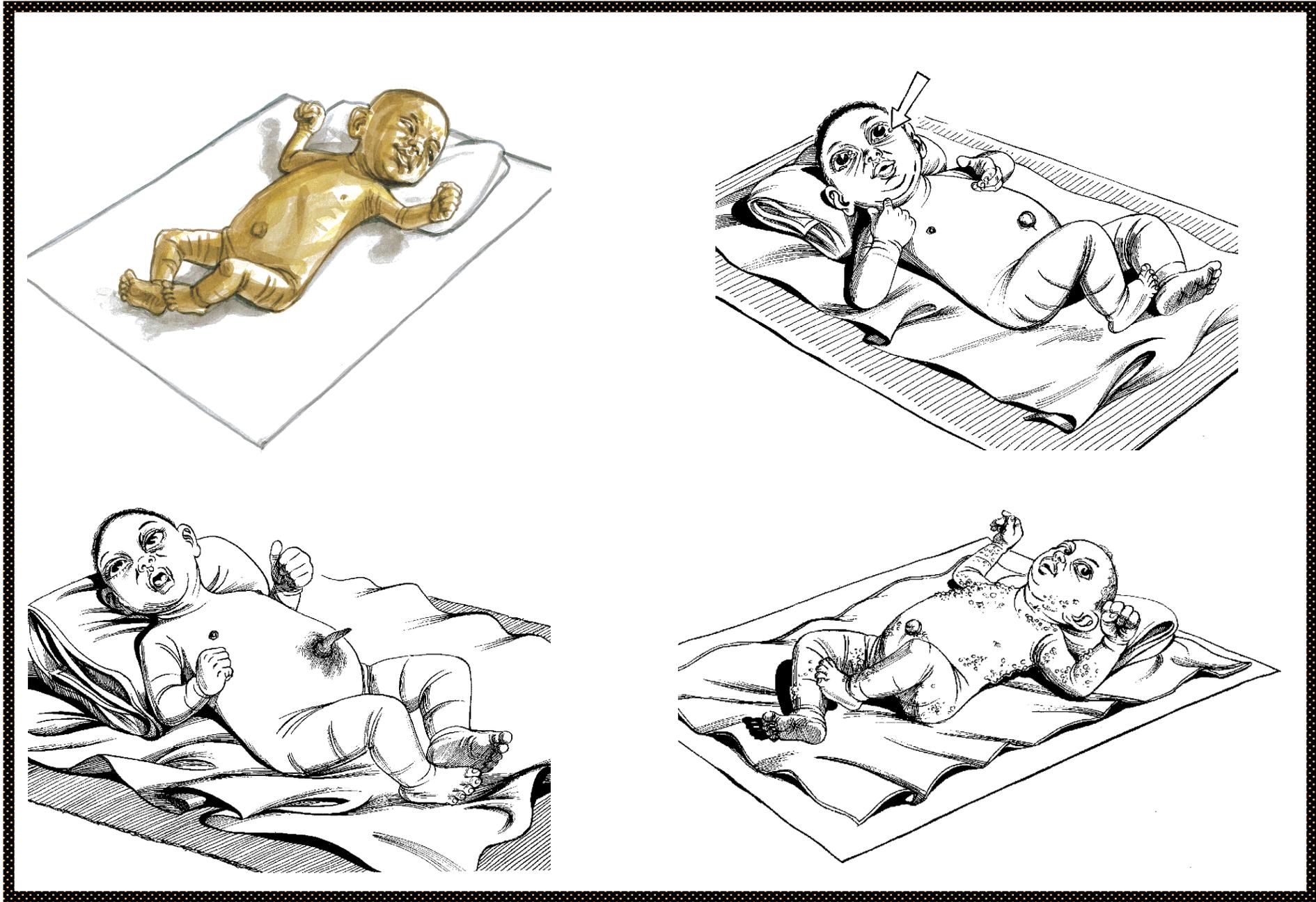


Body turns yellow / jaundice



Body blisters

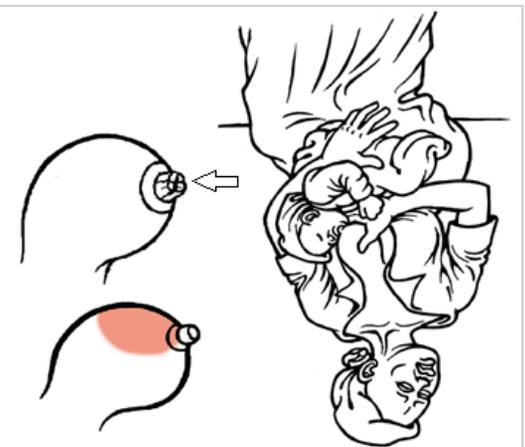
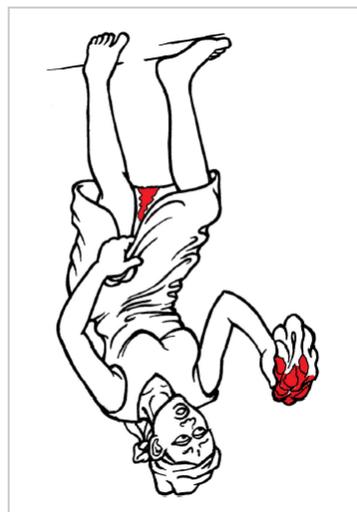




**Technical: Danger Signs - Birth to 1 month**



Abdominal pain



Difficulty breastfeeding, breasts and nipples swollen red or painful

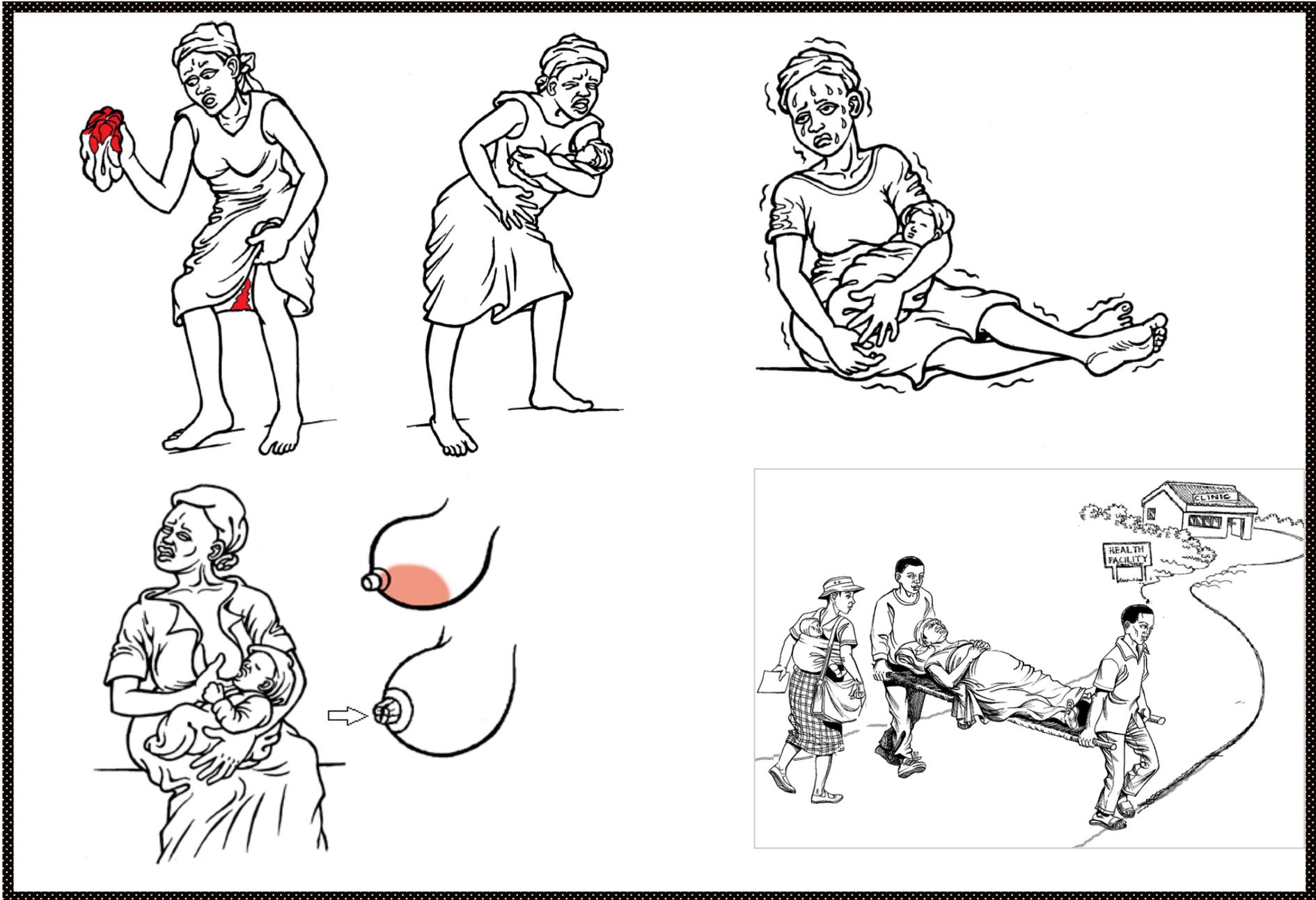


Fever / chills



Refer mother and baby immediately





**Technical: Danger Signs - Birth to 1 month**



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