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## RESPONSIVE FEEDING

Hospitals **support mothers** to breastfeed by...



Helping mothers  
know when their  
baby is hungry

Not limiting  
breastfeeding  
times



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# DISCHARGE

Hospitals **support mothers** to breastfeed by...



Referring  
mothers to  
community  
resources for  
breastfeeding  
support

Working with  
communities to  
improve  
breastfeeding  
support services



## WHEN YOU GO HOME



### YOUR HEALTH WORKER IS THERE TO

GIVE YOU CONFIDENCE AND  
SUPPORT TO CONTINUE  
TO BREASTFEED.

REASSURE YOU THAT BREAST  
MILK IS ALL THAT YOUR BABY  
NEEDS FOR HEALTHY GROWTH  
FOR THE FIRST 6 MONTHS.

HELP YOU TO RESOLVE ANY  
PROBLEMS OR CONCERNS SO  
THAT BREASTFEEDING IS A  
POSITIVE EXPERIENCE.

WHILE BREASTFEEDING IS NATURAL, IT CAN TAKE TIME TO LEARN AND IT REALLY HELPS  
TO GET ONGOING SUPPORT FROM HEALTH WORKERS OR PEER COUNSELLORS.

# OPPORTUNITIES FOR EARLY LEARNING

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Refers to any opportunity for the infant or child to interact with a person, place, or object in their environment. Recognizes that every interaction (positive or negative, or absence of an interaction) is contributing to the child's brain development and laying the foundation for later learning.

[nurturing-care.org](http://nurturing-care.org) #NurturingCare @NurturingCare



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**THE QUALITY OF CARE BABIES RECEIVE  
AFFECTS THEIR BRAIN DEVELOPMENT AND  
HAS LASTING IMPACTS ON THEIR HEALTH.**



**LET'S ENSURE NURTURING CARE  
FOR EVERY SMALL AND SICK BABY.**

# The first weeks following childbirth are an important and special time

All women and babies should receive care in health facilities during the **first 24 hours after birth.**

Three additional postnatal care contacts should occur in the **first 6 weeks.**



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# Person-centred and respectful postnatal care means:

**Listening with empathy**

**Building confidence**

**Responding to the  
needs of women,  
babies and families**

**Maintaining dignity,  
privacy and  
confidentiality**

**Enabling informed  
choices**

**Ensuring freedom  
from harm and  
mistreatment**



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# Caring for your baby in the first weeks after birth includes:

Responding to your baby's signals

Keeping your baby secure and safe

Exclusive breastfeeding

Getting your baby vaccinated

Having your baby's health and development checked

Looking after your own health and well-being



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# Adjusting to life with a new baby can be challenging

Many women and parents  
experience periods of  
**low mood  
and anxiety**  
in the weeks  
following childbirth.

**Reach out to  
someone you  
trust for support.  
Talk to your  
care provider.**



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## SAFETY AND SECURITY



Refers to safe and secure  
environments for children and their  
families. Includes physical dangers,  
emotional stress, environmental  
risks (e.g., pollution), and access  
to food and water.

[nurturing-care.org](https://nurturing-care.org) #NurturingCare @NurturingCare



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# **STRENGTHENING PARENTS' SKILLS IN CARING FOR THEIR NEWBORN REDUCES STRESS AND HELPS THE BABY GROW AND DEVELOP.**





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# HEALTH WORKERS CAN HELP PARENTS PROVIDE RESPONSIVE CARE FROM BIRTH, TO



- PLAY AND TALK WITH THEIR CHILD
- RECOGNIZE AND RESPOND TO THEIR INTERESTS AND NEEDS
- ENCOURAGE EARLY LEARNING
- PROVIDE A SAFE PLACE FOR THE CHILD TO EXPLORE



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**EVERY CHILD SHOULD HAVE RESPONSIVE CARE.**

# EVERY CONTACT WITH HEALTH SERVICES IS AN OPPORTUNITY TO SUPPORT EARLY CHILDHOOD DEVELOPMENT:



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