

世界宣明会

与孩子一起缔造美好未来

赢在起跑线上

—— 母乳喂养社区实录 ——

A HEALTHY START

Breastfeeding in Rural China



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让婴儿出生后的头6个月持续获得纯母乳的喂养，母亲的角色尤其关键。然而，这个过程需要得到各方支持，以免因为传统观念和奶粉广告的影响，而令母亲无法坚持以纯母乳喂养孩子。在这6个月的路程上，除了家人外，直接影响母亲进行母乳喂养的是住院分娩时的医护人员，出院后是社区的其他妇女。因此宣明会有针对性地分别与县级妇幼保健院合作爱婴医院项目，与村委会和妇女们合作社区健康志愿者项目，共同推动纯母乳喂养这一项非常艰辛但有意义的工程。

这本书记录了大家努力的成果，通过真实的故事和有趣的小知识介绍方法，向大家呈现推动纯母乳喂养的真实情景、细节和科学道理；更加重要的是，我们看到当中的婴儿能够健康地成长！

在此，我谨对各位参与此项目的人员所付出的辛勤表示由衷的敬意和感谢；我衷心希望这本书能够成为合作伙伴、医护人员、社区领袖、母亲和儿童以及我们宣明会同工的宝贵参考与经验分享！也让我们大家继续携手为改善儿童健康与营养的工作贡献力量！

简祺伟
世界宣明会-中国 总干事
2015年8月

序二

时间在工作中飞逝而去，和世界宣明会中国办事处的合作转眼间已有10余年了。我们在结核病预防控制、艾滋病预防控制、碘缺乏病防治、小学生健康教育等领域进行了卓有成效的工作，中国西部贫困地区的许多妇女和儿童因此受益。

这次合作又进入了儿童营养领域，在参与项目所有人员的努力下，使母乳喂养在云南和广西的项目点得到了进一步推进，孩子们因足够和及时的母乳喂养身体更加强壮，抵御疾病的能力更加提高，预防为主的方针得以深入落实；使得我国未来的孩子有更良好的成长和智力发展，减少未来一代的慢性非传染性疾病的负担，促进贫困地区摆脱贫困。

国家疾病预防控制中心也将母乳喂养工作落在具体行动中，在妇幼保健中心和联合国儿童基金会的倡导下，促进全国建立了许多“母爱10平方”的小屋，分布在各类公共场所和机构办公地点，为全国母亲进行母乳喂养，提供了良好的哺乳环境。

感谢所有采取母乳喂养的母亲，感谢为这个项目做出贡献的所有人员。期待今后的合作领域更加宽广，成效更加显著！

王健
中国疾病预防控制中心 党委副书记 纪委书记
2015年8月



第一章 母乳喂养与儿童营养

方妙博士

1.1 “生命最初的 1000 天”：孕妇及婴幼儿营养

一个妇女从怀孕到孩子 2 周岁的 1000 天里，是塑造孩子健康和丰盛未来的“独特机会”。在这 1000 天给予孩子最佳营养，对孩子的躯体生长发育和智力发展十分关键，有助提升他们日后的学习及工作能力，以致摆脱贫困。这个阶段是儿童最容易出现疾病、营养不良及死亡的时期；同时，这个时期营养不良对孩子的影响是无法补救的，并且有长远的负面影响。

世界宣明会按照已经被证实对儿童健康与营养有影响的措施中，总结出“7+11”的儿童健康与营养策略。7 项关键措施是针对孕期保健与营养，另外 11 项措施是针对 2 岁以下儿童，这些措施可以预防孕妇和儿童营养不良。中国办事处按照国内项目点的具体情况，选择“3+9”关键措施。

在过去 3 年，中国办事处的工作重点是推动出生头 6 个月婴儿的纯母乳喂养，同时推动提高孕妇保健与营养的健康促进及传播活动，也就是下图中“-9 个月至出生后 6 个月”的时间及措施。



预防孕妇和儿童营养不良 世界宣明会中国办事处“3+9”关键措施

在合适时间采用有科学依据的干预方法
——来自世界宣明会健康与营养策略文件

孕妇：3 个关键措施

- 足够膳食、营养小吃，并且比孕前每天多吃 2 餐
- 铁 / 叶酸的补充
- 获得孕产期保健服务：产前检查、产后访视、受过训练的医务人员接生服务、预防艾滋病病毒母婴传播

2 岁以下儿童：9 个关键措施

- 合理的母乳喂养：头 6 个月纯母乳喂养，继续母乳喂养至 2 周岁
- 关键的新生儿护理
- 维生素 A 的补充
- 洗手
- 口服补充液治疗 / 锌的补充
- 合适的添加辅食（6~24 月龄）
- 发烧时及时寻找医疗服务
- 足够的铁质
- 全程并按时的免疫接种



1.2 世界卫生组织对纯母乳喂养的定义

“纯母乳喂养”的定义是在婴儿出生最初的6个月内不喂给除母乳之外的任何食物或饮料，甚至不喂水，但婴儿能够摄入口服补液盐、滴液和糖浆（维生素、矿物质和药物）。



1.3 重视推动纯母乳喂养头6个月的工作

母乳喂养对婴儿和母亲都大有好处。就婴儿而言，母乳可提供婴儿健康发育所需的所有营养，并包含很多可帮助婴儿抵抗婴幼儿常见病的抗体。就母亲而言，它可降低母亲患乳腺癌和卵巢癌、II型糖尿病以及产后抑郁症的风险。（详细内容请参看第5章）

1.4 推动纯母乳喂养的方法

我们用两种方法来支持和改善宣明会项目点（贫困地区）的母乳喂养情况。

下图描绘了这两种方法的关系：一种方法是集中在医院加强与爱婴医院的合作，使得医护人员能有效参与和支持婴儿在出生头几天就获得纯母乳喂养的措施，确保母亲在离开医院前，建立合适的纯母乳喂养方法和技巧，并且加上有效地传播母乳喂养信息给她的家人。

另外一种方法是集中在社区加强培训社区健康志愿者，使得社区有一个支持网络，支持产妇分娩后的头6个月，正确地维持纯母乳喂养的良好做法，并且也加上有效地传播母乳喂养信息给社区其他有影响力的人。

同时，宣明会致力促进这两种方法的连接以及相关合作伙伴的合作。



1.5 项目推动至今的影响

自2013年开始，宣明会和合作伙伴在广西的马山和云南的绿春，两个少数民族聚居地方开展项目，推动母乳喂养。这些地方的孕产妇过去甚少机会接触到母乳喂养知识，但在宣明会培训的社区志愿者的帮助下，意识提升了不少，明白并坚持实施纯母乳喂养6个月。

究社区妇女及她们的家人，对纯母乳喂养有什么体会？请打开本书的《母乳喂养项目在社区》，里面记录了她们的亲历见证。我们也期望在今后的日子里，能够得到大家的支持，推动母乳喂养工作，使更多贫困地区的妈妈和孩子享有健康，并且最终脱离贫困。



武定县产妇和她的宝宝。
摄影：张燕婷



第二章 母乳喂养在中国的发展

方妙博士

2.1 中国母乳喂养的变化及爱婴医院政策

在过去40年，中国在母乳喂养率上，有很大的改变。¹

以北京市为例子：²

北京市母乳喂养率变化（1989~1992）

母乳喂养率	1989	1990	1991	1992
满4个月时有母乳喂养率（%） （母乳喂养加上其他液体和食物）	62.8	56.9	61.3	55.9
满4个月时全母乳喂养率（%） （母乳喂养加上少量传统接受的液体）	35.3	29.3	29.0	31.5

1984年的中国20个省份母乳喂养率调查结果显示，维持至4个月母乳喂养率在城市是42.5%，农村是69.95%；维持至6个月母乳喂养率在城市是34.4%，农村是60.35%。³

上海市农村地区调查结果显示，曾经母乳喂养率在1980年代初为80%，到1990年代初为44.1%。⁴

1. Xu F, Qiu LQ, Binns CW, Liu XX. Breastfeeding in China: A Review. *International Breastfeeding Journal*; 2009, 4:6 doi: 10.1186/1746-4358-4-6.

2. Wang S, Liang Y, Li S. Factors associated with breastfeeding. *Chinese Journal of Family Planning*; 1995, 20(6): 358-359.

3. Liu L. Formation of breastfeeding education materials. *Maternal and Child Health Care of China*; 1993, 8(1): 35-37.

4. Pang R. Baby friendly hospitals improve breastfeeding. *Maternal and Child Health Care of China*; 1993, 8(1): 2-3.

面对母乳喂养率下降趋势，中国政府确定了到2000年提升全国“出生头4个月纯母乳喂养率”达到80%的目标，这是在1990年代初定出的儿童发展纲要政策中的目标。⁵

在这个政策指引下，中国政府在1992至1998年期间，先后在6745所大医院和3475所小医院开展创建“爱婴医院”活动。⁶

在这段时间，中国政府推动母乳喂养的方法包括创建爱婴医院行动、实施母婴保护法、开展社区支持项目和母乳喂养健康教育项目。⁷

因此，在1990年代，中国的母乳喂养率开始上升。⁸

1992年及1998年的全国性横断面调查结果显示，满1个月母乳喂养率及满3个月母乳喂养率在城市和农村地区都有上升。⁹

中国在实行爱婴医院政策后母乳喂养率的变化，全国横断面调查 1992年及1998年

		城市地区	农村地区
1992年	满1个月母乳喂养率(%)	21.1	37.6
	满3个月母乳喂养率(%)	14.3	23.4
1998年	满1个月母乳喂养率(%)	64.3	60.0
	满3个月母乳喂养率(%)	37.5	53.7

5. Niu X, Zhao Y, Liu Q. Education outline of Chinese Children's Development Plan in 1990s. Central Broadcasting and Television University Publication; 1993.

6. Song L. International breastfeeding week. *Maternal and Child Health Care of China*; 1999, 14: 562.

7. Song L. International breastfeeding week. *Maternal and Child Health Care of China*; 1999, 14: 562.

8. Zheng S. Initiate baby friendly hospitals and promote breastfeeding. *Maternal and Child Health Care of China*; 1993, 8(2): 18-19.

9. Chang S, Fu Z, He W, Chen C. Current situation and trends of child growth in China. *Wei Sheng Yan Jiu*; 2000, 29(5): 270-275.

在2014年，中国政府为了进一步改善婴儿营养与健康状况，颁布了《爱婴医院复核工作的通知》，并且高度重视这项工作。通知文件内详细描述了爱婴医院工作的重要性¹⁰。

文件指出：“保护、支持和促进母乳喂养已成为国际共识和普遍要求，爱婴医院是宣传推广母乳喂养的重要阵地。20世纪90年代以来，在世界卫生组织和联合国儿童基金会的倡导下，我国创建了7300多所爱婴医院，有力地促进了政府、社会、家庭和医疗机构对母乳喂养的重视和支持。但近年来，一些爱婴医院在倡导和推动母乳喂养方面缺乏力度，对孕产妇健康管理指导帮助不够，甚至个别机构出现违规行为，亟待通过爱婴医院复核等措施改进服务、加强管理。随着卫生计生事业改革与发展，妇女儿童健康需求不断增加，对爱婴爱母服务内容和方式提出了更高要求。因此，开展爱婴医院复核，加强爱婴医院内涵建设，提升妇幼健康服务能力和水平，适应妇女儿童健康需求，促进家庭幸福和谐，具有重要意义。”

10. 中华人民共和国国家卫生和计划生育委员会。国家卫生计生委关于开展爱婴医院复核的通知2014-06-19。网址：<http://www.moh.gov.cn/fys/s3585/201406/556c0b7673e8470f9641c28d119a9f31.shtml>

2.2 母乳喂养：传统看法 vs 正确观念

母乳喂养的传统看法与做法：

世界宣明会中国办事处在其项目地点工作过程与很多2岁以下儿童的母亲进行访谈，了解她们对母乳喂养的传统看法和做法，可以总结出以下几点关键结果：

- ◇ 总的来说，汉族母亲与少数民族母亲在这些方面的差异不大。
- ◇ 大部分母亲会认为初乳不好，不干净，不健康，应该挤掉。主要是长辈（婆婆、奶奶）说的。
- ◇ 大部分母亲认为宝宝出生后除了母乳喂养，还需要喂水、奶粉等。
- ◇ 大部分母亲认为应该尽早喂宝宝其它食物（6月龄前），可以补充母乳不够的营养。
- ◇ 大部分母亲认为米饭才能让孩子更有力气。
- ◇ 大部分母亲表示传统上并没有传递“纯母乳喂养”的说法。

（摘录自：世界宣明会中国办事处区域发展项目的定性调查，2011~2013）

纯母乳喂养6个月的正确观念：

世界卫生组织建议宝宝吃纯母乳6个月，然后才逐渐加入固体食物，等他慢慢学习和适应吃固体食物后，到2岁左右就可以像大人一样吃东西了。

建议婴儿6个月才是合适喂养其它食物的时间，原因是宝宝的头部和口腔的发育在这个时候才具备可以吞咽其它食物的能力，而且肠胃也比刚出生的时候成熟点，可以容易吸收和消化不同的食物。太早吃固体食物怕肠胃负担不了，而太迟开始又担心他营养不够。6个月之后母乳一样很有营养，加上各类的固体食物已经很足够了。如果可以，最好喂母乳到2岁或以上，这样宝宝就会抵抗力更好、更加健康。

纯母乳喂养也包含了在宝宝刚出生时喂上初乳。初乳是母亲分娩后头几天分泌出的乳汁，颜色发黄并且偏稠；虽然如此，初乳有很高的营养、抵抗疾病的抗体，减少婴儿感染疾病。让初生婴儿吃上初乳，并且频繁吃母乳，可以减少黄疸。

受访母亲的引用语：

对初乳的传统看法

- 初乳是黄黄的、稠稠的、要挤掉开头的一点；一般老人家说的。

母亲的引用语

将初乳挤掉一部分：

- ◇ “一开始出来的奶挤掉了，没有喂，害怕拉肚子，挤掉的只是几滴，平时也是这样做。”
(母亲，18岁，傣族，1个小孩，3月龄)
- ◇ “刚下来的奶我挤掉，然后就开始喂她。婆婆教我的，我就这么做了。”
(母亲，22岁，哈尼族，1个孩子，月龄为2月)

将全部初乳挤掉：

- ◇ “阿支，有点黄，有点粘，把它挤了丢掉的。这些是不纯的奶，基本都是丢掉的。”
(母亲，22岁，傣族，2个孩子，最小孩子7月龄)
- ◇ “第1滴奶是不给孩子喝，老人说不让就不让。”
(母亲23岁，哈尼族，2个孩子，最小孩子月龄为15月)

喂水和喂奶粉的传统做法

- 出生头几天就要喂一点水、奶粉、其它食物。

母亲的引用语

- ◇ “刚出生1~2天用手指头点水在小孩嘴里，是这里的风俗。”
(母亲，29岁，哈尼族，3个孩子，最小孩子月龄为3月)
- ◇ “在县医院顺产的，生下来第1天喂奶和奶粉；第2天喂奶，加糖的荞面，每天喂3次；第3天和第2天一样的。”
(母亲，17岁，彝族，1个孩子，17月龄)
- ◇ “顺产，第1天晚上开始喂奶粉，还喂了一点水，前3天都喂奶粉，第4天开始喂奶。”
(母亲，28岁，纳西族，2个孩子，最小5月龄)

添加辅食：开始的时间、喂养用具、喂养的食物种类

母亲的引用语

- 从出生1个月就已经开始喂食物。
出生1个月内就开始喂的食物：荞面、白糖
◇ “第2天喂奶，喂奶后第一种食物是荞面加白糖，喂稠点。”
(母亲，35岁，彝族，3个孩子，最小孩子8月龄)
 - 从出生3个月开始，就开始喂养小孩不同种类的食物。
出生3~5个月开始喂的食物：米粉、米饭、饼干、蔬菜、肉
◇ “3个月的时候，搅米粉给他吃的，米粉是在超市买的，加水搅的，拿勺子喂的。5个月的时候开始喂饭、饼干、糖、蔬菜、菜汤、肉也喂给他了。”
(母亲，22岁，傈僳族，1个小孩，19月龄)
◇ “到3个月首先用调羹喂包谷稀饭（包谷是自己推磨的）；然后用调羹喂骨头汤煮面条；之后喂香蕉和苹果，有时用调羹，有时自己喂。”
(母亲，24岁，纳西族，1个小孩，23月龄)
- 第一个关键时间是出生头1~2天，风俗上是要给予小孩一点水。
◇ “刚出生1~2天用手指头点水在小孩嘴里，是这里的风俗。”
(母亲，29岁，哈尼族，3个孩子，最小孩子月龄为3月)
- 第二个关键时间是小孩大约2个月的时候，要开始喂小孩吃饭。
◇ “小孩5轮或9轮的时候，要让小孩尝一下饭，所以5轮（13天为一轮，5轮为65天，大概2个月）就让他吃了饭。”
(母亲，21岁，哈尼族，1个小孩，月龄为12月)
- 第三个关键时间是4个月的时候，要正式地喂小孩吃饭。
◇ “哈尼族传统4个月就要给小孩吃饭。以前吃一点，4个月开始会吃，就正式吃。”
(母亲，20岁，哈尼族，1个小孩，月龄为5月)

传统看法：母乳与奶粉及食物的比较

母亲的引用语

- 认为米饭会比较饱，而母乳容易饿。
认为吃米饭比较饱，吃母乳容易饿：
◇ “母乳小时候吃刚够，大了就不够，若吃饭的小孩就可以饱的时间会持久一点，我担心只吃母乳会营养不良。”
(母亲，22岁，汉族，只有1个小孩，10月龄)
◇ “米饭比母乳好，母乳是妈妈的，一小会儿就尿出去了，容易饿，米饭不容易饿。”
(母亲，33岁，纳西族，有2个小孩，最小孩子22月龄)
 - 母乳比奶粉有营养并且长的好一点。
◇ “孩子喂饭更好，吃饭的小孩比吃奶的长得结实。1岁后不给孩子吃奶更好。1岁前要奶和饭结合。”
(母亲，24岁，哈尼族，1个小孩，月龄7.5个月)
- 也有一些母亲提出母乳比奶粉好：
◇ “看电视时看到奶粉又出了什么问题，吃了会生病。而且孩子蛋白质过敏，不能给牛奶、鸡蛋（镇医院医生没说），所以喂奶较好。”
(母亲，24岁，纳西族，1个小孩，23月龄)
◇ “母乳对小孩好处是吃了有营养，会长大。”
(母亲，19岁，彝族，1个小孩，17月龄)
◇ “母乳对娃娃有好处，比奶粉好，孩子3~4个月就能坐能爬。”
(母亲，25岁，傈僳族，2个小孩，最小孩子1月龄)



第三章 母乳喂养项目在社区

3.1 妈妈篇

母亲的坚持

在经过弯曲延伸的山路之后，在起伏的大山之间隐约地看到了位于云南省绿春县的这条村子的外貌，不时还传来了一阵鸟叫声，打破了山里的宁静。在村里的一所屋子里，一位年轻的妈妈正在和她的孩子玩耍着，孩子在挥舞着他的手脚，逗得妈妈的脸上笑容不断。

这位妈妈，便是其中一位参与宣明会母乳喂养项目的妇女之一。

提到了给孩子母乳喂养的好处，保们这位年轻的妈妈便滔滔不绝地说了起来：“能够补脑、喂母乳抵抗力比较好。”看到孩子正在健康地成长，她的内心充满了喜悦。

从孩子出生的第一天起，她就开始了喂母乳，第一天是这样，第二天也是这样，一直坚持到现在孩子已经3个多月了。一步步走来，她始终提醒着要在孩子出生后头6个月坚持纯母乳喂养。在遇到有些母亲认为小孩会口渴，想喝水的情况，她就自己吃水果和喝水来调理。“小孩吃上奶水就不会渴了，因为母乳里已含有充足的水分，不用另外给宝宝喂水；而且宝宝喝了水之后，也会减少吃母乳。”她说。也正因为如此，即使在婆婆也会唠叨为什么在3个月的时候还不给小孩喂水喂饭的时候，她也在坚持着。

哈尼婆婆喜见宝宝健康成长

因为保们所在的哈尼族，在婴儿喂养有一定的传统风俗习惯，并且在3个时间点进

行。在孩子出生的头1、2天，风俗上是要喂小孩一点水。而在小孩大约2个月的时候，便开始喂小孩吃稀饭。到了孩子在4个月大的时候，便正式喂小孩吃饭。

不过，在得悉母乳喂养的诸多好处后，保们却没有按哈尼风俗喂养小孩。如今，她1天大概给孩子喂12次奶，没有给孩子添加任何食物。孩子的成长效果让曾经唠叨的婆婆改变了不少，婆婆看到了孩子在1个月时比其他小孩长得快，要大一点，也更加活泼一点；此外，孩子的四肢，也比其他同龄的小孩更灵活一点。而且，孩子的生长发育图，直观地向婆婆展示了孩子的体重在正常范围之内，更让她放下心来。

喜人的成果，除了妈妈的坚持，也得益于社区志愿者的帮忙，保们坦言道：“没有志愿者的帮助，婆婆怎么说，我就会很早喂饭喂水了。”

巧合的是，其中一名志愿者还是她的母亲。身为社区的健康志愿者，保们得到了母亲的支持，她每个月都回母亲家，接受关于母乳喂养方面的指导。与此同时，丈夫的支持，也更让她坚定了信心。

外出打工也不放弃母乳喂养

母亲在她怀孕8个月的时候，就开始打电话给正在外地打工的女儿，将在宣明会培训学习到的母乳喂养知识，耐心地向她讲解，告诉她要注意什么；母乳喂养对孩子的好处，让她深以为然，便立下了要为自己孩子喂母乳的决心。

现在，她每个月回家一次，都会在母亲的帮助为孩子称一次体重，看着孩子的生长发育图，上面的一点一线，都显示着孩子在健康成长着，让她露出了安慰的笑容。

保们说道，即使是出去跟丈夫打工，她也会继续坚持：打算纯母乳喂养到大概6个月，然后才加喂东西，继续到大约1岁。因为她从母亲那里得知，从6个月开始就可以给孩子喂其它食物，因为要在母乳之外，补充更多的营养。

她的坚持，将会为孩子的人生开启一个健康的开端。

经验之谈

“他都是吃母乳，一天天的长，那还用考虑吃什么饭吗？”看着在怀里扑腾着的孩子，来自马山县的壮族母亲艳萍坦诚地说道。显然，孩子的成长让这位母亲有点意外。

从出生的第1天起，她就给孩子进行母乳喂养，如今已经坚持了5个月，在志愿者回访时给他称体重时，现在已经有7.5公斤了。良好的生长情况，让她笑得合不拢嘴。

在儿子出生之前，艳萍已经有了一个女儿。那时候的她，还没接触母乳喂养的知识，在女儿出生的时候就把生育后头1~2天的初乳给挤掉，没有给孩子吃上。而在之后，她也只是喂到了4个月就开始给喂饭了。回忆起以前的经历，她还记得女儿发烧感冒的次数比较多。“以前不懂。”说起这些，她也是流露出了内疚的表情。

在村里健康志愿者给她讲解了母乳喂养的好处后，艳萍便决心给孩子喂母乳。“我觉得还是听她们（志愿者）的话，对小孩好，对妈妈好，可以减少一些疾病，对我也有好处。”而她也把志愿者所讲的话时刻记在心上。儿子刚一出生，她就一改以前的做法，给他喂上了初乳，“志愿者告诉了（初乳的好处），没有挤掉，全部给孩子吃了。”

经过了5个月的母乳喂养之后，明显的对比让艳萍看到了母乳喂养的效果，“现在纯母乳喂养都没有生病”，和女儿比起来，她也觉得儿子看起来要更有精神。而她也说到，纯母乳喂养的孩子是闹的时候闹，吃饱了就静静的，不像非纯母乳喂养的，闹的时间和次数都比较多。

对于艳萍来说，除了家人的支持，她更要感谢志愿者的帮忙。她们每个月都会来家访，指导她怎么喂奶，帮孩子称体重之类的，让她从一开始的手忙脚乱，慢慢变得从容应对。想起这段时间里什么时间段最为难忘，她不无感慨地说：“第1个月吧，不知道怎么喂，多亏他们来教我们。”

看着怀里的儿子唧唧呀呀地闹着，艳萍流露出来的是她对孩子的爱。

相信

“您还记得母乳喂养的姿势吗？”当被问到这条问题的时候，美程这位年轻的妈妈马上用手比划了起来，双手做出抱孩子吃奶的姿势，一边做，还一边不好意思的笑了起来。

她的儿子现在1岁10个月了，已经可以自己一个人在楼道里走动，不需要妈妈的搀扶。迈着小脚丫子的他，走起路来摇摇晃晃地，显得十分可爱。

在孩子刚出生开始，她就开始进行母乳喂养。“我一下产床，一到病房就给他喂。”美程回忆起当时的情况。在她还在怀孕的时候，村里的健康志愿者便上门给她讲解了母乳喂养的知识，在她的心里，也逐渐认同了母乳喂养，“对小孩各个方面的生长发育都很好，对母亲可以减少乳腺癌和卵巢癌。”

有赖于志愿者的细心讲解，使得她改变了以往喂养孩子的方法，想起当时家里老人的反对，她还是历历在目，“老一辈总是在说‘几个月了还不喂奶’我就告诉他们现在年代不同了，为什么现在的小孩长得聪明，要相信科学”。就是这样，她坚持了下来，在孩子的头6个月都是母乳喂养。

“感觉他很少生病，身体很好”，提及与其他孩子的不同，健康的身体让美程留下了深刻的印象。在那6个月的时间里，每天坚持给孩子喂上母乳，所以孩子也不喝水。如今，孩子的健康成长，也让她的坚持有了回报。

回想起那段日子，美程依然深有感触：“都坚持过来了6个月，要相信科学。”

3.2 社区志愿者篇

播撒爱的种子

“有时候，我觉得对不起我的两个孩子。他们本来可以长得更高，更强的。”来自绿春项目办的志愿者从琼言语当中带着一丝遗憾。

从琼是一个普通的汉族妇女，从小生活在云南省红河州的个旧市，在她17岁的那年，她嫁到了红河州绿春县的平和镇，与自小长大的地方不同，那里是一个哈尼族聚居的村落。在和丈夫一起经营生活多年之后，现在她已经有了2个可爱的孩子，还学会了一口流利的哈尼方言。在村里，她和其他的哈尼族妇女相处融洽，还成为了妇女干部。

在从琼所在的哈尼族社区，产妇们在孩子刚出生时，往往会将自己生育后头1~2天的初乳挤掉，因为她们觉得初乳的颜色偏黄，觉得它脏。按照她们的传统想法，为了孩子能健康成长，就应该给婴儿喂饭。所以，从琼当初喂养自己的孩子的时候，没有给他们喂上初乳，更不用说知道初乳的重要营养成分了。她开始喂自己的孩子吃饭时，他们才1个月大。

从妈妈到社区志愿者

“我怎么会知道，宝宝只有1个月大，消化系统还没有成熟，他们不能消化这类食物。”虽然不明白孩子为什么一直在生病，但在分享自己的喂养经验时，从琼依然显得很自责。

2011年，为改善社区儿童的营养水平，世界宣明会绿春项目办开始在社区里提倡母乳喂养，邀请村里的妇女担任健康志愿者。而其中，便能看到从琼的身影。她不甘人后，每一次的培训活动都积极参加。

现在，她的另一个身份，便是这个社区的健康志愿者。

因为她的初中学历，她对于讲授的知识很快就能理解得了；同时，也很快地成为了志愿者当中的带头人；不仅如此，在培训期间，她还帮忙将培训内容同声传译为哈尼语，让其他志愿者更容易掌握。

而当她说到为什么这么热心的时候，她说，“我很高兴能有机会参加，并直接学习这么多的知识。我有很强烈的感觉，当我学习得越多。我才发现自己知道的这么少。”

通过培训，她明白了自己以前喂养孩子的方式是错误的，她还决心贡献自己的一份力量，帮助其他妇女参与到母乳喂养的队伍当中。她说，“年轻妈妈很需要母乳喂养知识和支持。她们需要被关注和照顾。也愿意学习这些方面的知识。现在，每当我有机会和其他妇女坐下来聊天，我都会向她们介绍这些知识。”



志愿者从琼（左）协助社区健康志愿者的母乳喂养培训。
摄影：严蕊芝

孩子优先！

头上戴着红色的帽子，腰上绑着具有民族特色的小配件，在交谈中不时传来的爽朗笑声，3名妇女正聚在一起讨论着。在大山之中的这座村落里，她们便如同那红色的帽子一样，十分的引人注目。

在社区推行母乳喂养的过程当中，总能看到3位哈尼族妇女的忙碌的身影，这3位热心的社区健康志愿者，用自己的点滴努力让社区里的妈妈和孩子们都获益不少。

孩子能聪明健康地成长，是每一个妈妈的最大心愿。衣车、腰秀和中楼，3位都已经当了妈妈，过去自己带孩子的经验，培训让她们知道了，纯母乳喂养头6个月对孩子成长的重要性。在过去，她们没有这样做，因为她们也不知道可以做什么对小孩的成长是有帮助的。

母乳喂养大有学问

2年前，她们开始参加宣明会绿春项目办和宣明会中国办事处卫生部门举办的母乳喂养推动者—社区健康志愿者的活动，抱着给那些孕妇和小孩子多一些帮助，想看到小孩子健康健康地成长的朴实想法，接受了有关母乳喂养的培训。经过宣明会工作人员的教导，如今她们也懂得了更多，例如告诉孕妇在怀孕期间要做至少5次的产检、多吃含丰富铁质和钙质的食物，以及补充叶酸并且吃碘盐等，以帮助胎儿的正常发育，特别是大脑和神经系统的发育。

村里的一个39岁的孕妇，她的孩子出生后出现了一点问题，在接触后她们知道了是在喂养上的原因，因为孩子出生后都是喝水和吃饭，没有注意小孩子需要的营养。对于这样的情况，她们都十分难过。说到这里，中楼和腰秀都相继流下了眼泪。

抱着帮助孕妇和小孩子，看到哈尼族的小孩子健康这样的信念，她们3人在2013年成为社区健康志愿者之后，努力让更多孩子可以得到母乳喂养，也让更多的妈妈了解它的好处。

在工作开展中，她们要上门指导一名产妇10次，包括在她们分娩前讲解5次产前检查的重要性、孕妇在怀孕时的营养需要、纯母乳喂养对孩子和母亲的好处和母乳喂养的正确姿势等知识。在成为志愿者以来，一共8位妇女得到了她们这个小组耐心而细致的服务。

妈妈肯坚持，宝宝少生病

在最开始，宣明会为她们做培训的工作，之后当开始有产妇需要跟进时，宣明会绿春项目办会陪同她们一同进行家访，让她们熟悉和掌握工作的流程。过了2、3次后，掌握了方法之后，她们就开始独立去跟进孕妇的情况。

在开展工作的过程中，最让她们受到鼓舞的便是看到妇女们听从自己的建议，到医院进行产前检查，生产后坚持母乳喂养，而她们工作的成果也慢慢得到显示。经过母乳喂养，以前孩子们经常拉肚子、感冒等这些情况，现在也已经没有了，孩子的健康成长让妈妈们倍感高兴。

但是她们也遇到了不少困难。有些妇女不太愿意在母乳喂养时用她们教的正确姿势来抱孩子，而习惯了传统的抱孩子方法。所以，在跟进的时候，她们就需要特别注意妈妈喂奶的姿势。此外，她们也要留意母亲有没有给孩子喂水等。针对这些问题，她们都会耐心地给妈妈们进行讲解，遇到有些妈妈坚持不下去的时候，还要对她们进行鼓励，强调母乳喂养对孩子的成长有好处。看到妈妈们都照着她们所说的坚持下来，孩子也十分健康，让她们3人都有着一种难以形容的快乐。

8成妇女纯母乳喂养6个月

但是当遇到有妇女中途放弃的时候，他们也难以掩饰自己难过的情绪，在不高兴的情绪持续几天之后再重新投入这个服务。

如今，经过推动母乳喂养后，社区有了积极的改变，支持婴儿头6个月纯母乳喂养的人在逐渐增多了。在村里，现在10个妇女里面有8个是纯母乳喂养到6个月。一提到这个，3人都笑声就更大了。

除了妈妈们的支持，家人和村干部的理解也让她们没有了后顾之忧。平常只要说去跟进产妇，家里做不完的家务，老公都会帮忙去做。“只要是对小孩好的事，就先做，家里的事可以改在后面做，以后做也没有关系。”丈夫的这样一句话，让她们更加有干劲了。而身为村里妇女主任的优秀，也通过自己的身体力行让村里的居民对母乳喂养有了更多的了解。

“见到妇女做了自己说的，就很高兴”，这样简单的一句话，浓缩了她们那认真而细致的工作成果，也让她们有了继续坚持下去的干劲。



宣明会工作人员旭莉（左1）下乡与母亲探讨母乳喂养。

摄影：高秀芬

“我的付出是很值得的！”

“刚去的时候有点压力，有点害羞。接触久了，也就好了。想想他们是人，我们也是人。我们告诉（他们）知识也没有什么，后来就习惯了。”来自广西壮族自治区马山县的社区志愿者艳姣坦诚地分享她第1次到产妇产后指导母乳喂养的经历。

在社区里推行母乳喂养的过程，不仅让妇女和孩子改善了健康，也让她自己也得到了个人的成长。她在2012年11月参加了宣明会提供的志愿者培训后，便开始了志愿者的服务。

在最初开始的时候，要去和妇女们讲解知识，她就十分紧张。她还需要宣明会的同事陪同前往，代她和妇女说“她是与宣明会一起来做纯母乳喂养的”，讲解这对她们有什么好处。而她就在一旁学习着，比划着抱孩子的姿势。那时候的她很紧张，以致不知道如何指导刚生了孩子的妈妈做好母乳喂养的姿势。

不紧张就做得好

但随着接触的次数增多，她也慢慢反思着怎么做之后，也渐渐地熟练了起来。“要仔细做，不要紧张，就做得好。”艳姣这样总结自己的经验。

而从之前的不敢说，到如今的能流利地表达要讲解的知识，她表示可以把所学的知识传达给妇女，让每个人都得到纯母乳喂养知识，这让她感到很开心。

通过做志愿者的服务，支持和帮助母亲纯母乳喂养，让她感到很自豪。她尤其高兴的是，在她讲解母乳喂养姿势之后，妇女们都能够按照方法去喂养小孩，她再次入户时，见到产妇依然按照她所教的知识，抱小孩、喂小孩，且坚持不喂水。

家人支持十分重要

在讲解过程中，她耐心地说服产妇和她的家人做纯母乳喂养，告诉她们纯母乳喂养的好处，包括对小孩的大脑好，能减少小孩的一些疾病，并鼓励她们为了小孩的健康在

6个月内，只需要喂母乳，不需要其它食物包括奶粉和水。

不过，志愿者工作并非一帆风顺，如有产妇因为外出打工，带着孩子离开了村子，令跟进工作变得困难，但是，她并未因此而气馁，因为继续支撑她做下去的，除了她想为社区妇女服务的热情之外，家人也给了她很多的支持。在参加项目办的培训时，他们都说“你放心的去吧，家里还有我们看呢！”有时候丈夫还开车送她去入户跟进。

一名本来害羞的妇女，凭着满腔热情，参与宣明会推动母乳喂养活动，经过磨练后，转眼成为社区骨干，获村委会选为妇女主任，为村里的妇女提供各种支援，包括推动并支持产妇做头6个月纯母乳喂养。目睹自己的改变，她说：“我觉得我的付出是很值得的！”



马山志愿者艳皎（右）在培训中练习指导母乳喂养的技巧。

摄影：王国渝

贡献一份力量

“我就知道母乳喂养是对孩子好，对母亲好。”今年52岁的乃荣，用这样简单的一句话来评价自己的工作。

身为社区的健康志愿者，为了村里的妇女和孩子，她付出了不少的时间和精力：参与培训，进行家访等，为的只是把自己学到的母乳喂养的知识向妇女们传授下去，对子孙后代的健康产生积极的影响。

“先放下我们做，你放心吧！”遇上家里的农活比较忙的时间，家人的话让她能从忙碌的农活中抽身出来，去跟进那些在母乳喂养上需要帮助的妇女们。

然而在最初的时间里，因为固有的传统观念，有的产妇会说以前她们不喂母乳，不是一样长大了吗？而家里老一辈就更是说：我们当年都是让孩子吃1个月母乳后就开始喂玉米粥了。面对这样的情况，乃荣就以她不屈不挠的干劲，说服产妇及其家中的长辈。

“她们从医院回来的头几天，宣明会的同事和我就开始家访，教她们母乳喂养的姿势，一点点教给她们；即使产妇家人表现抗拒，我还是不放弃，慢慢的，她们懂得了母乳喂养的好处，就由她们自行说服家人，然后坚持纯母乳喂养6个月。”乃荣述说。

正是这一份无比的耐心，让大家逐步接受纯母乳喂养6个月的概念。让她感到很自豪和高兴的是，在开始了志愿者工作进行了培训之后，妇女们改变了以前的做法，在喂养孩子上不再喂水，开始做出了改变，只给孩子喂上了母乳。这些改变，让乃荣感到自己的工作都是值得的。

通过持续的跟进，向产妇和她的家人详细讲解纯母乳喂养的好处，哪些是对宝宝最好的食物。例如母乳的成分里所包含的抗体，能够加强宝宝身体抵抗力，降低患病的机会；因为给宝宝喂水和糖，一方面容易引致腹泻，也会影响他们的身体发育。

“我觉得，纯母乳喂养应该发扬光大，发展下去，为了我们的子孙后代身体健康。”提到以后的工作，乃荣有着这样的展望，也希望自己能够继续发挥一份力量。

当个好婆婆

在广西壮族自治区的马山县，有这样一位社区健康志愿者，她身体力行，从自己的家开始推广母乳喂养。自从2012年开始成为社区健康志愿者以来，乃萍已经在村里推广母乳喂养的工作有2年时间了，到孕产妇家里进行上门指导已经是一件再熟悉不过的事了。

谈及刚开始的时候，她回忆道：“有些家庭不了解，我就去说给他们听，然后他们又问怎样做对孩子好，我就告诉她们要纯母乳喂养。”她也很乐于将自己所学到的东西向她们讲解，“我知道的都告诉她们，怎么样去纯母乳喂养6个月，为什么要她们纯母乳喂养，懂得纯母乳喂养对于小孩子的大脑发育好，身体健康。”在她的讲解下，妇女们都一步步地学会了怎么喂奶和抱婴儿。

而在乃萍所服务过的妇女当中，有一位特殊的服务对象，她便是乃萍的儿媳。

乃萍坦言道：“以前就是不懂得怎样做，现在知道了怎样做，也知道怎么做最好。”对待自己的儿媳，她将所学的用到了实处。她的孙子是纯母乳喂养6个月，连水都不喂，如果儿媳上街，她就提前挤出奶来放在冰箱，等孙子想吃的时候，她就放到开水里面去热一下，再用杯子喂给他喝。不仅如此，她也尽心尽力地指导儿媳怎么喂养孩子。“我就教她。先教她抱孩子的姿势，喂奶的姿势，如何喂奶，每次喂多少时间。我的儿媳就按我教的去。”

在她的悉心指导下，“我的儿媳一直坚持纯母乳喂养到6个月，才给孩子添加了其它食物。”乃萍的脸上露出了自豪的笑容。

长辈的说客

“和那些妇女在一起很开心，平时没有什么事就会去母亲家里，抱抱孩子，和母亲聊聊。”提到自己的工作，利勤总是一脸的笑容。在她的眼中，为社区里的妇女讲解关于母乳喂养的工作，让她感到十分开心。“做有利于宝宝的事，对他们成长有帮助，为了下一代的健康可以做事很开心。”这样的满足感，常常使得她忘却了工作的不顺。

利勤从2014年才开始志愿者工作，刚刚成功跟进完1名产妇进行6个月纯母乳喂养，现在正跟进一位刚生产完1个月的产妇。虽然工作中还没有遇到顽固固执的人，但要说服自诩“经验老到”的长辈，还是需要一些技巧和耐性的。“上一辈的会说母乳不够小孩喝，他们会饿的，我就慢慢跟他们讲说，母乳喂养对小孩的身体发育好，还有可以让他们有抵抗力，妈妈的奶是可以满足小孩子的需要了。”平时她上门进行家访的时候，在讲解一些母乳喂养知识，会遇到公公或者婆婆不理解。她就慢慢把这些母乳喂养的好处告诉老人家，还告诉他们不要在孩子生下来后就喂米粉。她的耐心讲解，逐渐获得了老人家们的接受、认可与支持。

老人们常说初乳偏黄色，显得脏的，都会挤掉；但经过讲解之后，他们都逐渐认识到这是错的；这些初乳有着丰富的营养，对孩子的健康十分有益。现在，当有孩子出生时已经不会挤掉了，母亲会第一时间给孩子喂上初乳。看到这样的转变，让她觉得十分欣慰了。而在工作，她也通过与妈妈和孩子们接触，教了她们抱孩子的姿势，怎么喂母乳等知识。她高兴的说：“做这些事情我认为很有意义。”

而通过自己的付出，也让社区内的居民对这项工作有了更多的了解。推广母乳喂养的工作，不仅让她学习到了母乳喂养的知识，提升了自己，也让她对于“母亲”这一个身份有了更深的认识：“原来做母亲是这么伟大”。

3.3 村干篇

为了我们的后代

“现在农村的小孩子越来越少了，我们希望下一代能够健康成长，所以开展这个纯母乳喂养项目。”谈及与宣明会合作推展母乳喂养的原因时，来自广西壮族自治区马山县的村支书永松的话简短而直接。

作为一条国家级的贫困村，永松所在的村落被大山环绕着，交通不便，村民都住得相当分散。有见于村里的每个家庭都只有1~2个小孩子，怎么让下一代的小孩健康成长，在营养方面得到加强呢？这样的问题萦绕在他的心头。为此，在2012年，村委与宣明会开始合作，参与推广头6个月纯母乳喂养项目。

“我们村委与宣明会合作开展这个项目，目的是提高我们的服务对象，以及他们的家长，家里面的人、老人，能够掌握一定的知识，懂得母乳喂养的好处，从而能够改善我们儿童的营养与健康，做出贡献。”自从项目开展以来，在村里的妇女以及孩子当中取得了不错的成效。

如今，全村的群众都被普及了母乳喂养知识。尤其是作为服务对象的孕妇，从怀孕到出生小孩的各个阶段，她们都掌握了一定的知识。在过去，一般的怀孕妇女，并不懂得按照怀孕时间段去医院检查；现在村委通过普及项目的知识以后，她们都能够按时间去医院检查。

项目的成果除了村委的支持，也离不开村里的健康志愿者的付出。在挑选志愿者的时候，永松因地制宜，向她们提出要求：首先要有健康的身体；长期在家居住；能够吃苦耐劳，工作积极性比较高的，要有一定的文化程度，至少能听懂普通话或会说普通话。此外，为了能顺利开展工作，还会按她们所在的片区，就近安排工作区域。就这样，第一批的4个健康志愿者顺利地在村里开始向妇女们讲解母乳喂养的知识。

为了配合志愿者的工作，村委还会每个月定期为她们准备好村里的孕产妇的统计名单，让她们更加及时掌握实际情况。

志愿者们在村委的支持下，取得了令人欣喜的成果。她们大部分所服务的家庭都能坚持母乳喂养。更为重要的是，改变了她们过往喂养小孩的观念。以前村里的小孩最多就是满月的时候，就开始喂饭，反正灌饱了小孩不哭就好了，但是往往没有考虑营养价值，以及对他身体健康的影响。又例如村里的传统是把初乳给挤掉，没有好好利用。按照以前，这些做法都对孩子的健康成长有不好的影响，如今通过开展项目，已经取得了良好的效果。

而如何把这个项目继续开展下去呢？永松建议到，可以利用成功纯母乳喂养的母亲，参与到这个项目当中，来加入到志愿者队伍，将成功的经验传承下去，让更多的孩子们能够健康地成长。

“所以说这个项目，我认为对我们村、对村民有很大的好处。”永松肯定地说道。这样的一句简单的话，凝结了他们为了下一代而付出的努力。



马山加显村支书永松在母乳喂养培训中。
摄影：方妙

3.4 医护人员篇

我的责任心

“作为医院，作为医务工作者，我们首先就是要提倡纯母乳喂养，把母乳喂养的好处、优点告诉我们的准妈妈和家属，让他们改变以前的一些做法和想法，选择正确的喂养方式。”

一提到母乳喂养的重要性，来自云南省武定县妇幼保健院的会芝书记言语中表露着她的责任心。

作为产科机构，妇幼保健院的工作是促进优生优育，提高后代的健康水平。而武定县妇幼保健院在1997年通过当时国家卫生部的评审，成为“爱婴医院”，致力推动婴儿在住院期间获得母乳喂养方面的工作，达到国家的要求。2013年12月，保健院与世界宣明会武定项目办达成了合作协议，开展强化爱婴医院母乳喂养项目的工作，使母乳喂养工作能持续下去。而在2013年12月，保健院与世界宣明会武定项目办达成了合作协议，开展强化爱婴医院母乳喂养项目的工作，使母乳喂养工作能持续下去。

武定县属于贫困的民族山区县，儿童的营养问题一直是这里的人们在努力改善的事情。在宣明会的资金以及技术的帮助之下，保健院克服医护人员不足，以及具体工作落实到位的问题，其母乳喂养工作得到了持续性的推进和加强，让不少的妇女和儿童，特别是儿童获益不少。通过母乳喂养，强化爱婴医院母乳喂养项目的实施在改善儿童营养的方面起到了很大的促进作用。

母乳喂养工作不能停

“我的小孩也是纯母乳喂养。从我的小孩纯母乳喂养的经历，我就感觉到这个宝宝的健康与否跟纯母乳喂养确实关系非常密切，它是很重要的。”会芝书记的亲身经历也加深了她对母乳喂养的认识。如今，她也经常向同事们强调，“爱婴医院的工作是我们

妇幼保健院的主要工作，不能把它搁在一边，大家要认识到爱婴医院的母乳喂养项目、爱婴医院的母乳喂养工作不能停，大家要有这方面的认识。”

除了医护人员的意识之外，准妈妈们的工作也是会芝书记所看重的。如何让她们接受母乳喂养的概念，并能坚持下来，多年来的工作已经让她对于母乳喂养的好处能够倒背如流了，“鼓励和支持母乳喂养是提高后代健康水平和综合素质的第一步，要着重婴儿从胎儿时期到出生后两周岁的‘黄金1000天’的营养状况，并且提出要提倡头6个月纯母乳喂养，在6个月以后添加辅食的同时继续母乳喂养到2岁。”她笑着说。

“我本身是一名护士，我觉得护士的职能就是促进健康，所以义不容辞。”希望会芝书记的一颗责任心，为社区里更多的妈妈和孩子们，带来健康的未来。



武定县妇幼保健院会芝书记（右）在母乳喂养咨询培训中。

摄影：方妙



第四章 母乳喂养大家谈——社区的声音



永松（中）参加母乳喂养的培训。
摄影：方妙

“在宣明会的大力支持下，我们开展纯母乳喂养对小孩子成长好。我们国家也提倡纯母乳喂养头6个月。我们村委与宣明会合作开展这个项目，目的是提高孩子的母亲的认识，能够掌握一定的知识，懂得母乳喂养的好处，从而为改善儿童的营养与健康做出贡献。”

永松 马山县加显村支书



艳姣（右）探访产妇和她的新生儿。
摄影：潘艳红

“通过做志愿者工作，支持和帮助母亲纯母乳喂养，我感到很自豪和高兴。我教导她们母乳喂养姿势，她们都能够正确喂养小孩，我觉得我的付出是值得的。在过程中，我说服产妇和她的家人纯母乳喂养，告诉她们纯母乳喂养的好处，并鼓励她们为了小孩的健康在6个月内坚持母乳喂养。”

艳姣 马山县志愿者

“乃荣是帮助我的志愿者，对我的小娃娃非常关心，这个婶婶三天两头过来我家，教我，教我老婆为什么喂奶啊，还有一大堆的母乳喂养的知识，我这个做爸爸的很开心，她比我母亲还要厉害，我佩服！她们是去宣明会培训学到的知识。”

勇进 马山县产妇艳萍的丈夫



勇进（左）与妻子、宝宝合影。
摄影：方妙

“以前不懂，我的大女儿只是母乳喂养到4个月，孩子发烧感冒多。第2个孩子出生后，一直坚持（纯）母乳喂养到现在。志愿者教我给孩子吃初乳，孩子的身体很好，都没有生过病。”

艳萍 马山县壮族产妇



艳萍及其婴儿（22周，5个月）。
摄影：方妙

“我的孩子已经4岁半，心里很郁闷，如果宣明会在2010年或2011年到我们村就好了，我的孩子也能得到最好的母乳喂养。真的，要是没有宣明会为做母乳喂养宣传，我真的是一直蒙在鼓里，不知道有这个知识可以传播给我们这些妇女。真的，非常感谢，非常感谢世界宣明会带给我们这么多的知识，真的。很感谢！”

桂珍 马山县加显村村委成员



桂珍（左）在母乳喂养工作交流会上分享。
摄影：曾春柳



如琼（右）在母乳喂养咨询员培训中练习。
摄影：张燕婷



选燕（左）在母乳喂养咨询员培训中练习。
摄影：张燕婷



晓燕（左）在母乳喂养咨询员培训中练习。
摄影：张燕婷

“母乳喂养是一项长期的工作，希望医院各科室的所有护理人员一起为住院的孕妇和哺乳期妇女、婴儿给予支持和关爱。同时，请给您身边的亲人和那些正处于哺乳期的妇女，给予足够的理解和支持，使她们能专心地做好纯母乳喂养头6个月，这是宝宝健康的需要。”

如琼 武定县妇幼保健院护士长

“希望我们医院一起工作的同伴，跟我一起努力做好纯母乳喂养的工作，帮助孕产妇和她们的宝宝，使宝宝健康成长。纯母乳喂养对娃娃身体好；对大人好，可以加快子宫收缩、减少阴道流血；同奶粉喂养相比，还可以大大减少家庭开支和经济压力。希望大家能支持我们的工作，提倡纯母乳喂养，同时自己也做到纯母乳喂养。”

选燕 武定县妇幼保健院护士

“因为来医院生产的产妇多数是来自贫困偏远山区，经济条件差，她们缺乏纯母乳喂养、早开奶等方面的知识，这些都导致她们会去选择价低质量差的奶粉，使宝宝出现过敏、腹泻等症状。我们是医务工作者，应该努力推动纯母乳喂养，把相关的知识和技能传递给她们。我们也期望家长们不要盲目相信奶粉的广告宣传，要充分意识到对宝宝来说母乳才是最好的。”

晓燕 武定县妇幼保健院护士

“我们呼吁医院不要向孕产妇推荐供应商提供的奶瓶、奶嘴以及配方奶粉，多做纯母乳喂养方面的宣传，跟母亲宣传母乳喂养的好处。我们妇幼保健院新开设了孕妇学校，也增加了母乳喂养咨询员，通过孕妇学校可以让大家学到如何健康、经济的喂养宝宝，母乳喂养咨询员会向大家传播纯母乳喂养的知识，如果您也体会到了纯母乳喂养的好处，请您将纯母乳喂养的好处传递给周围的人，让所有人都来支持纯母乳喂养。”

吉芝 武定县妇幼保健院护士

“要使自己的小孩享有健康，我们就要相信科学，改变传统习俗的观念。大家要明白，母亲怀孕时的营养良好，然后在小孩出生后做到坚持纯母乳喂养至6个月，将有利于增强婴儿的抵抗力和免疫力，同时也有利于产妇恢复身体健康。”

罗宗才 马山项目办主任



吉芝（左1）在母乳喂养咨询员培训中。
摄影：张燕婷



罗宗才希望母亲们都能认识纯母乳喂养6个月的好处。
摄影：曾春柳



潘艳红在母乳喂养工作交流会上分享。
摄影：严意芝

“现在产妇住院分娩率已达到99%，但在医院期间能做到纯母乳喂养的婴儿不到一半，对这个问题应该引起重视。很有必要在住院期间对产妇及其家人进行有关母乳喂养知识的教育，指导母乳喂养方法及姿势等，强调产妇出院还要纯母乳喂养6个月的重要信息，并鼓励产妇坚持做到6个月的纯母乳喂养，这样就可以提高纯母乳喂养率，这也是爱婴医院的宗旨。让每一个婴儿健康成长，不仅是每个家庭的责任，更代表着我们的未来。”

潘艳红 马山项目办工作人员



黄沛珊（中）在志愿者培训中讲解沟通技巧。
摄影：严意芝

“建房需要牢固的根基，如果根基不牢固，就算房子用再好的建材，房子也很容易会塌下来。孩子的健康也是同样的道理，如果健康根基不牢固，小孩就会很容易生病并影响智力发展。从怀孕到小孩2岁的1000天就是小孩建立健康根基的重要时刻，因此小孩需要在这段时间获得足够营养。妈妈在怀孕的时候一定要补充钙质、铁质、碘盐及叶酸。当小孩出生后，给宝宝喂6个月的纯母乳是最好的，母亲的乳汁可以提供宝宝足够的营养。如果你们想了解更多详细情况可以查看我们的图册，里面包括很多怀孕及哺乳须知。”

黄沛珊 绿春项目办主任

“我们一定要重视纯母乳喂养，特别是给宝宝喂满6个月纯母乳。母乳喂养对妈妈和宝宝的好处我们都知道，作为一个社区发展工作人员，我们一定要将母乳喂养的知识推广到社区，让社区更多的妈妈都知道母乳喂养的知识，这是为了我们的孩子能够健康的成长。所以，我向我们的同工呼吁——选择纯母乳，宝宝健康又聪明！”

王旭莉 绿春项目办工作人员

“我们一定要重视母乳喂养，特别是6个月的纯母乳喂养的坚持，我们要把这个信息带给社区、合作伙伴，当然也不要忘了自己。这个‘坚持’的话，我觉得应该是很投入的，就是觉得这个是应该做的，而且是愿意做的事情。”

闫云华 武定项目办主任



王旭莉（后右1）在志愿者培训中催化讨论。
摄影：张燕婷



闫云华畅谈对与县妇幼保健院合作爱婴医院项目的体会。
摄影：严意芝

“母乳喂养比较经济实惠，也不用担心有添加剂，是纯天然的，对孩子的身体很好。经过下乡访问，从我们合作的爱婴医院出院的母亲，我们发现这些母亲记得很多母乳喂养的知识要点，是从医院的视频教育和母乳喂养咨询员那里学到的。我真的很高兴，证明我们的努力是值得的。”

陈美丽 武定项目办工作人员



陈美丽（右）访问受益于爱婴医院BFHI项目的母亲。
摄影：代德昌



第五章 母乳喂养知多少

5.1 母乳喂养的好处——对宝宝、对母亲

对宝宝的好处

1. 母乳是宝宝最好的食物，完全符合宝宝的需要。
2. 乳汁的成分是很理想的，母亲的乳汁中含有多种重要的物质，能够使宝宝的肠道成熟，更快地吸收营养。
3. 母乳中的脂肪酸对大脑非常重要，即使出生后大脑仍在发育，特别是在出生后的头几年里。
4. 母乳充满了保护的抗体，支持宝宝自身的免疫系统，并使这个系统成熟。
5. 已经证明母乳喂养能降低以下疾病的机会：
 - ◇ 腹泻、泌尿系统感染
 - ◇ 脑膜炎
 - ◇ 肺炎、支气管炎
 - ◇ 感冒、耳部感染
 - ◇ 败血症
6. 研究表明患以下疾病的机会较低：
 - ◇ 婴儿猝死综合症

◇ 长大后：儿童时期的癌症、肥胖、糖尿病、肠道疾病

7. 母乳是你的宝宝可能得到的最好食物和预防疾病的最好药物。

对母亲的好处

1. 母乳是免费的、省钱、随时都有、新鲜、清洁，而且温度适当。
2. 对母亲的好处：
 - ◇ 产后：
 - 子宫更快地恢复正常
 - 减少压力激素
 - 心情更佳，睡眠更好
 - ◇ 在以后的生活
 - 减少糖尿病的发生
 - 减少乳腺癌、卵巢癌的发生



艳萍和她的儿子，当时孩子4个月大。
摄影：潘艳红

5.2 母乳喂养小知识

1. 世界卫生组织建议

世界卫生组织建议，在生命最初6个月内进行纯母乳喂养。6个月时，应当纳入诸如糊状水果和蔬菜等固体食物，对母乳喂养加以补充，直至2岁或更久。此外：

- ◇ 在出生后的头1个小时里就开始母乳喂养；
- ◇ “根据需要”进行母乳喂养，儿童在白天和晚上一旦有需要就要喂养；
- ◇ 不应使用瓶子或安慰奶嘴。

2. 对婴儿健康带来的益处

母乳是新生儿及婴儿最理想的食物。母乳可提供婴儿健康发育所需的所有营养。母乳是安全的，并包含可帮助婴儿抵抗婴幼儿常见病的抗体——如腹泻病和肺炎这两大导致全球婴儿死亡的疾病。母乳可以直接获得，经济上可承受，有助于确保婴儿获得充足的营养。

3. 对母亲带来的益处

母乳喂养对母亲也有益处。纯母乳喂养与自然（尽管不是绝对安全的）避孕措施（生产后的头6个月内具有98%的保护作用）存有关联。它可降低患乳腺癌和卵巢癌、II型糖尿病以及产后抑郁症的风险。

4. 对儿童带来的长期益处

除了对儿童带来的直接益处外，母乳喂养有益于终身保持良好健康。小时候得到母乳喂养的青少年和成人出现超重或肥胖的可能性更低。他们患II型糖尿病的可能性更低，智力测试的成绩更好。

5. 为什么不用婴儿配方粉？

婴儿配方粉不含母乳中存在的抗体。婴儿配方粉无法复制母乳喂养对母婴的长期好处。如果婴儿配方粉的制备不当，就会因使用了不安全的水和未经消毒的设备或者由于粉状配方粉可能存在的细菌而带来一定危险。为增加配方粉使用时间而过度稀释，可导致营养不良。此外，经常性母乳喂养可保持母乳的持续时间。但使用配方粉而又缺乏供应时，要返回到母乳喂养方式则可能不太可行，因为母乳产出量减少了。

6. 艾滋病与母乳喂养

受到艾滋病病毒感染的母亲可在孕期、生产时以及通过母乳喂养使婴儿获得感染。然而，对母亲或者对受到艾滋病病毒暴露的婴儿实施抗逆转录病毒药物干预，可降低传染风险。母乳喂养和抗逆转录病毒药物干预加在一起，可在保持婴儿不被感染艾滋病病毒的同时，大大提高其生存机会。世卫组织建议，当受到艾滋病病毒感染的母亲进行母乳喂养时，应当接受抗逆转录病毒药物治疗，并且遵循世界卫生组织在婴儿喂养方面的指导意见。

7. 下一步：逐步添加固体食品

为满足6个月婴儿日益增长的需求，应添加糊状固体食物，对持续进行的母乳喂养加以补充。对婴儿的辅食可专门准备，也可从家庭饮食中调制。世卫组织提示：

- ◇ 在开始添加固体食物时，不应减少母乳喂养；
- ◇ 应使用汤匙或杯子而不是瓶子来喂食；
- ◇ 食物应该是清洁、安全并可从当地获得的；
- ◇ 幼儿学会吃固体食物需要有足够的时间。

资料来源：世界卫生组织2015年7月
<http://www.who.int/features/factfiles/breastfeeding/zh/>

5.3 母乳营养成分与奶粉的比较

母乳的优胜之处:

- ◇ 能为0至6个月婴儿的生长发育提供足够的热量和营养素。
- ◇ 所含成分是天然的营养。
- ◇ 较容易消化和吸收。
- ◇ 含有多种抗体, 提高抵抗疾病能力和减少过敏情况。

以下针对5大类营养成分来进行对比, 分别为蛋白质、碳水化合物、脂肪、维生素和矿物质:

蛋白质 (功能: 制造身体组织的基本元素)

成 分	母 乳	奶 粉
乳清蛋白	较多 - 容易消化和吸收 (因为主要是乳清蛋白)	较少
酪蛋白	较少	较多 - 难以消化和吸收 (因为主要是酪蛋白, 会产生较难吸收的凝乳)
α -乳清蛋白	较多	较少
β -乳球蛋白	较少	较多
免疫球蛋白	✓	✗
乳铁蛋白	✓	✗
溶菌酶	✓	✗
初乳	✓	✗

- ◇ 蛋白质: 是由许多氨基酸组成。
- ◇ α -乳清蛋白: 促进矿物质的吸收和含有丰富的必需氨基酸, 有助生长。
- ◇ 免疫球蛋白: 保护婴儿免受肠道和呼吸道病原体的侵袭。
- ◇ 乳铁蛋白: 帮助铁质的吸收和抗炎及免疫调节的功能。
- ◇ 溶菌酶: 具有免疫调节的功能。

碳水化合物 (功能: 为身体和大脑提供能量)

成 分	母 乳	奶 粉
乳糖	✓	✓
果糖	✗	✓
麦芽糖	✗	✓
淀粉酶	✓	✗

- ◇ 乳糖: 是母乳和奶粉主要成分, 有助于钙质吸收。

维生素和矿物质 (功能: 促进和调节生长和身体功能)

	成 分	母 乳	奶 粉
维 生 素	维生素A	✓	添加*
	维生素C	✓	添加*
	维生素D	✓	添加*
	维生素K	✓	添加*
矿 物 质	钙质	✓	✓
	铁质	✓	✓
	锌	✓	✓

- ◇ 母乳中的维生素和矿物质都有很高的生物利用度, 较奶粉中的维生素和矿物质更容易被吸收。
- ◇ 这些维生素和矿物质可以以高度可用的形式被肠道吸收, 或是通过乳汁中的结合蛋白促进其在肠道的吸收。

* 没有证据表明这些被添加在奶粉的营养素能提供如母乳中的益处和功效。

脂肪（功能：为身体提供能量）

成 分	母 乳	奶 粉
亚油酸（LA）	✓	添加*
亚麻酸（ALA）	✓	添加*
花生四烯酸（AA）	✓	添加*
十二碳六烯酸（DHA）	✓	添加*
脂肪酶	✓	✗

◇ 脂肪：由各种类的脂肪组成。

◇ LA、ALA、AA 和 DHA：是必需的脂肪酸，且有利于大脑和视力的发育。

◇ 脂肪酶：有利于脂肪消化和吸收。

其它成分

成 分	母 乳	奶 粉
生长因子	✓	✗
激素	✓	✗
抗感染因子	✓	✗
抗体	✓	✗

◇ 生长因子和激素：对胃肠道发挥局部作用或影响其他器官的发育。

* 没有证据表明这些被添加在奶粉的营养素能提供如母乳中的益处和功效。

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- Williams C. The composition of breastmilk and how it compares with commercial infant formula and cow's milk. In: WHO Consultancy Review Paper 2005 for the Breastfeeding: Practice and Policy Course. London: UCL-Institute of Child Health; 2005 (unpublished).

5.4 成功母乳喂养 10 项措施（爱婴医院行动）

1989 年，世界卫生组织及联合国儿童基金会联合出版了一封名为《保护、推广及支持母乳喂养：产科服务的特别角色》的声明，当中内容包括“成功母乳喂养 10 项措施”。这是世界卫生组织及联合国儿童基金会爱婴医院行动的基础，概括产科机构支援母乳喂养不可或缺的措施，是每一所提供产科及初生婴儿护理服务的机构都应该提供的。

以下是世界卫生组织及联合国儿童基金会及中国政府 10 项措施的比较。

	世界卫生组织及联合国儿童基金会， 1989 年	中国政府在 2014 年颁布的《国家卫生计生委关于开展爱婴医院复核的通知》
1	以书面制订母乳喂养政策，并会不时传达给所有的医护人员知道。	制订保护婴儿健康和安全的有关规定，并及时传达到全体医护人员。
2	提供职员培训，让医护人员学会所需技巧，以执行母乳喂养政策。	对全体医护人员进行必要的管理和技术培训。
3	让母亲知道母乳喂养的好处及处理方法。	将有关母乳喂养的好处及方法告诉所有的孕产妇。
4	协助母亲于产后半小时内开始喂哺母乳。	帮助产妇在产后 1 小时内开始母乳喂养。
5	指导母亲如何喂哺母乳，即使在母婴分隔的情况下，仍维持乳汁分泌。	指导产妇如何哺乳，以及保持良好泌乳。
6	只会以母乳喂哺初生婴儿，除非因医疗需要才会给其他食物或饮料。	除母乳外，禁止给新生儿吃任何食物或饮料，除非有医学指征。
7	实施母婴同房，即由婴儿出生开始，准许母亲每天与婴儿 24 小时同房。	实行 24 小时母婴同室。
8	鼓励母亲按婴儿的需要喂哺母乳。	鼓励按需哺乳。

	世界卫生组织及联合国儿童基金会， 1989 年	中国政府在 2014 年颁布的《国家卫生计生委关于开展爱婴医院复核的通知》
9	不提供人造乳头予母乳喂养的婴儿。	不要给母乳喂养的新生儿吸人工奶嘴或使用奶嘴作安慰物。
10	促进成立母乳喂养支持小组，并在母亲出院时转介她们到这些小组。	促进母乳喂养支持组织的建立，将出院的产妇转给这些组织，并提供后续服务。

说明：中国政府在 2014 年颁布的《国家卫生计生委关于开展爱婴医院复核的通知》，并且将 10 项措施按照中国情况调整。

5.5 国际母乳代用品销售守则（爱婴医院行动）

为保护母乳喂养，世界卫生组织和联合国儿童基金会于 1981 年颁布《国际母乳代用品销售守则》（后简称《守则》）。《守则》的目的是透过提供足够的信息以及适当的销售及分销手法，保护及推广母乳喂养，并确保母乳代用品恰当地获使用，从而为婴儿提供安全而且充份的营养。《守则》中一些监管不良销售手法的规条：

- ◆ 禁止向公众作广告宣传母乳代用品、奶瓶及奶嘴；
- ◆ 禁止向妈妈们提供免费样品；
- ◆ 禁止在医疗保健机构中推销这些产品；
- ◆ 禁止公司派员向妈妈们直接推销这些产品；
- ◆ 禁止向医疗保健工作者赠送礼品或样品，医疗保健工作者亦不可将样品转送予妈妈们；
- ◆ 标签内容应为当地适用之语文，并禁止以文字或图像将人工喂养理想化，包括在产品卷标上印婴儿的图片；
- ◆ 有关人工喂养的所有数据报括标签都应该说明哺育母乳之优点，及人工喂养的代价与危害；
- ◆ 在当地政府没有立例执行有关《守则》的情况下，制造商和分销商仍需遵守守则以及世卫大会其后之决议。

背景

世界卫生组织（后简称“世卫”）和联合国儿童基金会多年来一直强调母乳喂养对改善儿童健康和营养水平的重要，两所机构的营养及母婴健康计划中，均有着力于推动母乳喂养以及克服相关的困难。

1974 年，第 27 届世界卫生大会注意到世界各地母乳喂养的趋势普遍有下降迹象，原因有社会文化及其它因素，包括母乳代用品的宣传，因而促请“成员国重新审查婴儿食品的销售活动，采取适当的改善措施，包括订立推销守则及必要时立法规管”。

1978年5月，第31届世界卫生大会上，此项议题再次获得关注。其中一项建议是促请成员国预防幼儿及儿童营养不良的问题，首要支持及推广母乳喂哺、借立法或社会行动协助在职母亲喂哺母乳，并规管用作代替母乳的婴儿食品之不当推销手法。

政府、非政府组织、专业人士协会、科学家及婴儿食品制造商均认同需要一项全球性的活动，为改善幼儿及儿童的健康踏出一大步。

1978年后期，世卫和联合国儿童基金会宣布在会双方原有的计划中，合办改善儿童喂养的会议，以便最有效地运用来自各方的意见。

1980年5月，第33届世界卫生大会签署认可这个世卫和联合国儿童基金会合办会议当中的声明及建议，并特别提到一项建议指“应当订立国际守则以监管幼儿配方及其它母乳代用品的销售手法”。

为了按照世界卫生大会的要求订立国际母乳代用品销售守则，各有兴趣单位进行多次详细的咨询。世卫的成员国及其他曾代表出席1979年10月的会议的组织与个别人士均需要就守则的草案给予意见，其后于1980年再进行数次会议。

1981年1月，世卫委员会在其第67次会议上，考虑并签署通过守则的第四草案，并一致同意向第34届世界卫生大会建议采纳决议，并指守则将会以建议而非规例的形式获得通过。1981年5月，世界卫生大会如建议般通过守则，5月21日得118赞成票，1反对票，3弃权票。

资料来源：爱婴医院香港协会

<http://www.babyfriendly.org.hk/the-code/the-international-code/>

附录一

母乳喂养－中国传媒报道及社会的心声

2013年《中国儿童发展纲要（2011~2020年）》实施情况统计报告

摘要：

母乳喂养率继续提高。卫生部门持续开展的儿童保健监测结果显示，2013年，0~6个月婴儿纯母乳喂养率达75.3%，已提前实现《纲要》目标。

网址：http://www.stats.gov.cn/tjsj/zxfb/201501/t20150129_675797.html

沪首次揭秘中国母乳成分

摘要：

上海医学专家首次揭秘中国母乳成分，成功定量出133种营养素和功能成分，并初步建立了中国人母乳成分数据库。其中，对母乳中的防御素、烷氧基甘油（AKG）、乳铁蛋白等成分的研究，则均为国际或国内首创。而有专家表示，该项目将有助于母乳喂养工作的推进。不过，数据显示，近年来内地母乳喂养持续降低，“全国0~6个月婴儿纯母乳喂养比率低于50%”。

网址：<http://news.wenweipo.com/2015/07/28/IN1507280072.htm>

<http://jk.zhongyaotong.info/show/611.html>

国家卫计委：2020年实现纯母乳喂养率达到50%

摘要：

卫生计生委表示，今年要在全开展推进妇幼健康专题的行动，特别呼吁国人重视母乳喂养，实现2020年纯母乳喂养率达到50%的目标。目前，全国有64个城市已经建立了534个母乳喂养室，其中115在工作场所，419个在公共场所。

网址：<http://www.chinanews.com/life/2014/05-29/6226225.shtml>

调查称今年我国城市婴儿纯母乳喂养率不足16%

摘要：

一项在中国近90个城市进行的大型社会调查显示，6个月以内的婴儿中，完全母乳喂养（不摄入配方奶或其它食物）的比率为15.66%。

作为致力于母乳喂养科普的非营利机构，贝恩母乳育儿研究推进中心于今年7月展开了一项大型社会调查，在包括北京、上海、武汉、重庆、广州、深圳、天津、大连、南京、哈尔滨、西安、洛阳、乌鲁木齐、昆明、贵阳、郑州、合肥等在内的全国近90个一二三线城市医院的产科和儿保，随机抽取2000名孕妇和0~1岁婴儿的母亲。

调查显示，6个月以内的婴儿中，完全母乳喂养（不摄入配方奶或其它食物）的比率为15.66%。这个数字与2008年世界银行的数字基本持平。奶粉，尤其是洋奶粉的促销往往以知性而友好的方式接近用户，让新手父母在不知不觉间信任了错误的哺育信息，以为配方奶喂养在很多方面优于母乳喂养，这对母乳喂养状况造成了严重的影响。这一情况也反映在调查数据中——高达52%的孕妇曾收到免费赠送的配方奶试用装，且这些试用装往往是通过孕期和育儿知识宣教的渠道到达孕妇手中的。尽管只有7%的孕妇相信

奶粉比母乳更加有营养，但66%的孕妇相信，6个月后母乳就没有营养了。

网址：<http://js.people.com.cn/html/2013/08/02/246313.html>

中国母亲母乳喂养受挑战劣质奶粉威胁婴儿健康

摘要：

中国的独生子女一代很多已为人父母，他们易于接受国际理念，但坚持母乳喂养仍面临很多困难。

尽管人们对母乳喂养的认识已经有所提高，但仍有很多原因阻碍母乳喂养，例如：多数公共场合不具备哺乳条件；妇女产假后重新上班，很难继续给孩子喂奶；尽管研究证明几乎所有妇女都有能力产出足够的奶水，但因为方法不当或错误观念，造成很多妇女以为自己的奶水不够。

此外，无孔不入的奶粉广告，母乳代用品的违规促销，动摇了许多妈妈母乳喂养的决心。

尽管中国早在1995年就颁布了《母乳代用品销售管理办法》，禁止母乳代用品广告和促销。但这些规定并没有得到很好的实施。中国消费者协会2010年对北京、重庆、沈阳等15个城市母乳代用品市场的销售行为监测发现，一些医院成为婴儿奶粉进攻的战场，商场超市更是母乳代用品促销的重要场所。

劣质奶粉的市场主要集中在贫困农村地区，由于父母生下孩子后外出打工，孩子交给家里老人带养，使劣质奶粉有了可乘之机。

与城市相比，偏远贫困地区的母乳喂养率相对较高，但这里面临另一个问题：6个

月后的婴儿，因辅食添加不适当，可能出现营养不良现象。联合国儿基会2009年报告称，全球1.77亿发育不良的儿童中，中国占1300万，仅次于印度。这些儿童绝大多数来自贫困农村。

网址：http://www.china.com.cn/aboutchina/txt/2011-08/05/content_23146442.htm

中国需要母乳喂养的草根革命

摘要：

国际慈善机构救助儿童会所委托的一项调查显示：中国用纯配方奶粉喂养的比例超过纯母乳喂养比例。“其中，6个月内婴儿纯母乳喂养比例不足50%，有36.2%的比例是母乳加配方奶混合喂养，配方奶喂养的比例接近一成半。对于6个月到1岁的婴儿，继续母乳喂养比例下降到45%以下，而配方奶喂养的比例超过25%。对于年龄超过1岁的婴幼儿，继续母乳喂养比例下降到35%以下，而配方奶喂养的比例超过45%”。

这样的现实，距离世界卫生组织要求的6个月内应100%纯母乳喂养的标准相差甚远。距离发达国家的母乳喂养水平也有相当的距离。比如，美国的新生儿中，白人71.5%是用母乳喂养，黑人则为50.1%。到6个月时，这个比例分别下降到了53.9%和43.2%。当然，美国的统计对母乳喂养的界定标准不同，其结果不能简单地拿来和中国的数据进行比较。但是，中国母乳喂养率太低，则是个不争的事实。

网址：http://paper.people.com.cn/xaq/html/2011-09/29/content_953023.htm?div=-1

附录二

宣明会中国办事处

母乳喂养的教育与培训材料清单

（中文材料）

以下材料为云南省妇幼保健院及世界宣明会中国办事处合作制作

	材料名称	用途
	营养咨询服务手册	
1	产前检查与营养咨询服务手册	医护人员专业；用于为孕妇提供孕期的营养咨询服务
	膳食记录表与分析表	
2	孕妇过去1天膳食记录表 孕妇过去1天膳食分析表	配合《营养咨询手册》使用
	膳食宝塔记录表	
3	孕早期孕妇每天膳食宝塔记录表	配合《营养咨询手册》使用
4	孕中晚期孕妇每天膳食宝塔记录表	配合《营养咨询手册》使用
	孕妇图册	
5	产前检查与营养咨询服务手册之孕妇图册 第1次产前检查-A 为什么孕妇产检至少要达到5次 孕早期的不适及处理 孕期不宜进食的是食物和药物	发放给孕妇及家庭成员

6	产前检查与营养咨询服务手册之孕妇图册 ** 第 1 次产前检查 - B ** 孕妇的体重增加 ** 叶酸、铁、钙、碘	发放给孕妇及家庭成员
7	产前检查与营养咨询服务手册之孕妇图册 第 2 次产前检查 孕中、晚期的不适及处理 孕期不宜进食的食物和药物	发放给孕妇及家庭成员
8	产前检查与营养咨询服务手册之孕妇图册 第 3 次产前检查 纯母乳喂养 6 个月 母乳喂养正确姿势	发放给孕妇及家庭成员
9	第 4 次产前检查 监测胎儿健康 纯母乳喂养 6 个月 母乳喂养正确姿势	发放给孕妇及家庭成员
10	产前检查与营养咨询服务手册之孕妇图册 第 5 次产前检查 分娩前准备 纯母乳喂养 6 个月 母乳喂养正确姿势	发放给孕妇及家庭成员
11	孕妇图册讲解光盘（普通话，20 分钟）	配合孕妇图册使用
招贴画		
12	孕妇均衡饮食好，母亲健康宝宝壮	发放给孕妇
13	孕妇和哺乳期妇女的膳食宝塔	发放给孕妇

以下材料为世界宣明会制作的成品

	影音资料	用途
14	母乳喂养 - 卫生专业人员自学课程 (2015 年 9 月, 中文版, 普通话)	卫生领导、卫生专业人员; 用于爱婴医院项目的全院培训 原版为英语, 世界宣明会中国办事处获授权后译制
15	生命最初 1000 天 (中文版)	向孕妇、孕妇家庭成员、社区妇女及其他人士播放 国际世界宣明会制作
16	母乳是最好的 (光盘, 30 分钟) (共有 6 种语言: 普通话、哈尼话、彝语、苗语、傈僳语、临夏话)	向孕妇、孕妇家庭成员、社区其他人士播放 原版为英语, 世界宣明会中国办事处采购版权后译制
17	母乳喂养的重要姿势与技巧 (光盘, 普通话, 15 分钟)	向孕妇、孕妇家庭成员、社区其他人士播放 原版为英语, 世界宣明会中国办事处采购版权后译制
18	产前检查与营养咨询服务手册之孕妇图册讲解 (光盘, 普通话, 25 分钟)	向孕妇、孕妇家庭成员、社区妇女及其他人士播放 世界宣明会中国办事处制作
19	母乳喂养 - 有问有答 (光盘, 普通话, 20 分钟)	向孕妇、孕妇家庭成员、社区妇女及其他人士播放 世界宣明会中国办事处制作

附录三

孕妇产前检查与营养咨询服务图册

(节录)



注：由于本书排版需求，孕妇图册内图像和文字大小和颜色稍为调整，与原版设计有些微差异。



◆ 为什么孕妇产检至少要达到 5 次？

五次产检	
第一次	3个月内
第二次	4~5个月
第三次	5~6个月
第四次	7~8个月
第五次	满9个月~10个月



孕期按规定 5 次产检，才能及时发现不同孕期威胁孕期和胎儿生命的疾病。

◆ 为什么孕妇产检至少要达到 5 次？



做到 5 次产检，能及时得到医生指导合理增加体重，减少孩子出生体重过轻的机会。

◆ 为什么孕妇产检至少要达到 5 次？

五次产检	
第一次	3个月内
第二次	4~5个月
第三次	5~6个月
第四次	7~8个月
第五次	满9个月~10个月



孕期B超检查可以了解胎儿发育是否正常，最重要是在怀孕5~6个月进行。

◆ 为什么孕妇产检至少要达到 5 次？

五次产检	
第一次	3个月内
第二次	4~5个月
第三次	5~6个月
第四次	7~8个月
第五次	满9个月~10个月



怀孕7个月之后数胎动次数，可以知道胎儿是否有危险。

◆ 为什么孕妇产检至少要达到 5 次？

五次产检	
第一次	3个月内
第二次	4~5个月
第三次	5~6个月
第四次	7~8个月
第五次	满9个月~10个月



怀孕9~10个月是孕妇和胎儿容易发生危险的时期，一定要到医院去做产前检查。

◆ 孕早期的不适及处理



孕早期出现恶心和呕吐、上腹部不舒服、小便次数增多，这些只是暂时的，以后会慢慢消失。

◆ 孕早期的不适及处理



孕早期如果出现严重的呕吐、不能进食、小便次数多而且小便时疼痛，必须立即去医院，切记不要乱服药物。

◆ 孕早期的不适及处理



孕早期出现轻微的恶心和呕吐、上腹部不舒服，可以少吃多餐，吃清淡和容易消化的食物。

◆ 孕期不宜进食的食物和药物



怀孕后不能与正在吸烟的人同在一个房间，避免吸入二手烟，伤害胎儿。

◆ 孕期不宜进食的食物和药物



孕妇不能喝酒、吃甜白酒等有酒精的饮料，严重伤害胎儿。

◆ 孕期不宜进食的食物和药物



孕期一定要在医生指导下服药，因为药物可经胎盘传到胎儿，影响正常发育。





世界宣明会

产前检查与营养咨询服务手册之 孕妇图册

第 1 次产前检查——B

- ◆ 孕妇的体重增加
- ◆ 叶酸、铁、钙、碘

世界宣明会与云南省妇幼保健院合作

◆ 孕妇的体重增加



孕妇要比怀孕前最少增加 2 次正餐或小吃，有助于胎儿健康地成长。

◆ 孕妇的体重增加



一般孕妇每月体重增加 1.5~2 公斤为好。

◆ 孕妇的体重增加



在怀孕前体重低于40公斤，应到医院接受医生指导。

◆ 叶酸



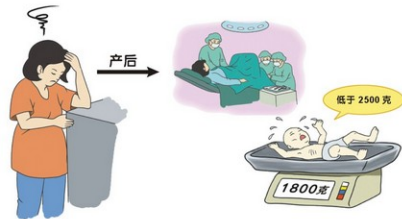
怀孕早期缺乏叶酸，胎儿可能会发生严重畸形。

◆ 叶酸



叶酸片应该在怀孕前3个月开始服用，到怀孕满3个月。
每天补充叶酸的量是0.4毫克。

◆ 铁



孕妇缺铁会导致贫血，容易发生早产和宝宝出生体重过轻。

◆ 铁



各种肉类、动物肝脏和蛋类含丰富的铁，更容易被人体吸收。

◆ 铁



要提高人体对铁的吸收，应将含铁的食物与蔬菜水果同吃。

◆ 钙



孕妇缺钙会导致以后的骨质疏松，增加骨折的风险。

◆ 钙



孕妇补钙最有效的方法是多吃含钙丰富的食物，包括奶类、豆类、深绿色蔬菜、花生仁、核桃仁、瓜子等。

◆ 钙



孕妇适量晒太阳可以增加体内钙质的吸收。

◆ 钙



骨头汤含钙量很低，不能供给孕妇所需要的钙质。

◆ 碘



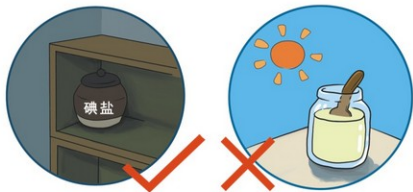
胎儿碘缺乏会导致大脑发育不良，孕妇要食用碘盐。

◆ 碘



在食物起锅前才放碘盐，碘盐才不会失去作用。

◆ 碘



碘盐要加盖存放，并放在阴凉、太阳晒不到的地方。



产前检查与营养咨询服务手册之
孕妇图册

第 ② 次产前检查

- ◆ 孕中、晚期的不适及处理
- ◆ 孕期不宜进食的食物和药物

世界宣明会与云南省妇幼保健院合作

◆ 孕中、晚期的不适及处理



孕中、晚期出现小腿水肿、严重的腰疼、大便有血、小便次数多而且小便时疼痛，一定要到医院。

◆ 孕中、晚期的不适及处理



孕中、晚期的孕妇要避免长时间站立，休息时可用枕头把双脚垫高。

◆ 孕中、晚期的不适及处理



孕中、晚期出现小腿抽筋时，应仰卧伸直腿部，脚尖指向头部，慢慢按摩小腿，也可用热毛巾敷小腿，就可以缓解抽筋。

◆ 孕期不宜进食的食物和药物



怀孕后不能与正在吸烟的人同在一个房间，避免吸入二手烟，伤害胎儿。

◆ 孕期不宜进食的食物和药物



孕妇不能喝酒、吃甜白酒等有酒精的饮料，严重伤害胎儿。

◆ 孕期不宜进食的食物和药物



孕期一定要在医生指导下服药，因为药物可经胎盘传到胎儿，影响正常发育。



◆ 纯母乳喂养6个月



初乳的营养很好，可以增强宝宝抵抗疾病的能力，一点都不要挤掉。

◆ 纯母乳喂养6个月



宝宝头6个月应纯母乳喂养，如果喂糖水、水、奶粉和其它食物，宝宝容易腹泻、生病、起疹子。

◆ 纯母乳喂养 6 个月



婴儿出生 1 小时内开始吃母乳，可以帮助母亲子宫收缩，减少产后大出血。

◆ 纯母乳喂养 6 个月



母乳的营养成分最适合婴儿生长需要，对大脑发育好。

◆ 纯母乳喂养 6 个月



让宝宝吃上初乳，并频繁吃母乳，可以减少黄疸。

◆ 纯母乳喂养 6 个月



出生就母乳喂养，母子亲密接触，婴儿感到安全，心理更健康。

◆ 母乳喂养正确姿势



母乳喂养姿势—母亲坐在椅子上的姿势

◆ 母乳喂养正确姿势



如果你发现很难处理宝宝的手，试着将他包裹起来，让他的手臂平放在他的身边。

母乳喂养姿势—母亲坐在地上的姿势

◆ 母乳喂养正确姿势



母亲的头靠在枕头上，一只手放在床垫上，另一只手轻轻扶着宝宝的背部。



宝宝的头应稍微向后仰，头部与身体成一个角度，宝宝的鼻子就不会贴着母亲的乳房而影响呼吸。

母乳喂养姿势—母亲躺在床上姿势

◆ 母乳喂养正确姿势

这个母亲哺乳时做到了抱婴儿的四个要点：

① 婴儿面向乳房，鼻子对着乳头

② 婴儿的头和身体呈一条直线

③ 婴儿的头、颈和躯干均得到支撑

④ 婴儿的身体贴近母亲

没有做到抱婴儿的四个要点



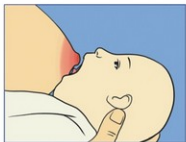
步骤 1：哺乳时抱婴儿的四个要点。

在宝宝的下面放一个枕头，支撑宝宝身体的重量。

◆ 母乳喂养正确姿势



步骤2：让宝宝的嘴轻擦母亲的乳头。宝宝主要通过“触觉”来找到母亲的乳房，视觉或嗅觉只可能起到一些作用。



步骤3：当母亲看到宝宝的下巴开始向下移动时，就要开始用你的掌根向你的乳房移动宝宝。

◆ 母乳喂养正确姿势



步骤4：当母亲移动宝宝的时候，要看他的下嘴唇，而不是他的上嘴唇。不用担心他的上嘴唇是否会含到母亲的乳头。

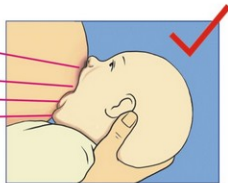


步骤5：如果确保了宝宝的嘴是张得大大的，他的下巴就会缩进母亲的乳房，乳头就会因此稍为朝向下方，并且被他的上嘴唇盖住。

◆ 母乳喂养正确姿势

做到含接好的四个要点，从上而下：

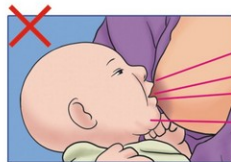
- ① 婴儿嘴上方的乳晕比下方多
- ② 嘴张得很大
- ③ 婴儿下唇向外翻
- ④ 婴儿的下巴贴在乳房上



步骤6：婴儿嘴和母亲的乳房含接好——四个要点。

◆ 母乳喂养正确姿势

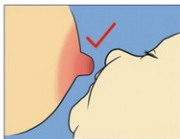
没有做到含接的四个要点：



- ① 婴儿嘴上方的乳晕与下方相似
- ② 嘴张得很小
- ③ 婴儿下唇没有向外翻
- ④ 婴儿的下巴没有贴在乳房上

步骤7：婴儿嘴和母亲的乳房含接不好

◆ 母乳喂养正确姿势



步骤 8：如果哺乳姿势正确，哺乳后母亲的乳头和哺乳前形状是一样的，母亲就不会感到乳头疼痛。



步骤 9：如果乳头形状是明显被压扁，哺乳时乳房就没有被放到宝宝口腔后部合适的地方，母亲就会感到乳头疼痛，宝宝也没有很好地吸吮到乳汁。

◆ 母乳喂养正确姿势



步骤 10：每次哺乳，喂完一侧后给宝宝换尿布，再喂另一侧，如果他不爱吃，他就不会要。这是判断宝宝是否还想再吃的唯一方法。

世界宣明會

与孩子一起缔造美好未来

赢在起跑线上

—— 母乳喂养社区实录 ——

A HEALTHY START

Breastfeeding in Rural China



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Acknowledgement

This book was the achievement of many years of cooperation between World Vision China and project partners.

We would like to firstly thank the mothers of young children, community health volunteers and health care workers in poor rural areas. We are touched by their heartfelt wishes. We hope this book can convey the importance of breastfeeding for the health and nutrition of children and their mothers by vividly showing their experiences, and can contribute to the betterment of family harmonious relationship.

We are greatly thankful to Dr. Wang Jian, Deputy Party Secretary of the Chinese Centre for Disease Control and Prevention, to Madam Jin Xi, Deputy Director of the National Maternal and Child Health Centre. It was them who linked World Vision China with the Yunnan Provincial Maternal and Child Health Hospital. We are so very thankful to Dr. Zhang Yan, Deputy Director of the Yunnan Provincial MCH Hospital. Her leadership of the project technical team had laid down good foundation of work in Baby-Friendly Hospital Initiative and breastfeeding skills in the Cooperation Project.

We are grateful to the funding support of World Vision Canada, World Vision Hong Kong, World Vision Taiwan and World Vision Australia. Without their kindest support, the projects would not be implemented smoothly.

We are also very thankful to the leaders of the Wuding County Maternal and Child Health Hospital, Dr. He Zi-jun, Hospital Director and Ms. Jiang Hui-zhi, Party Secretary of the Hospital, project partners of World Vision Mashan, Wuding and Luchun Project Offices. We are indebted to the active participation of the Village Committees and community health volunteers of these project sites. It was their selfless contributions that had created all the touching stories in this book. They were the fruits of hard work and commitment of our different partners. Without them, this book would not be completed nor exist.

These projects have already laid down the important foundational work of establishing community health volunteers and strengthening of grassroots maternity facilities. We will continue to sustain the foundational work of promoting, protecting and supporting breastfeeding, so as to contribute to the improvement of health and nutrition of children in the next generations.

World Vision China

Preface I



"Let every girl and boy have the optimum nutrition and healthy growth" - this has always been the goal that World Vision endeavors and commits to.

To achieve this goal, BREASTFEEDING, a word that is traditionally familiar to everyone can actually impart very significant effect. It is also the most economical, the most environmentally friendly and most rewarding method to the mothers!

The World Health Organization/United Nations Children Fund asserts that the 1000 days from fetal stage to two years old of a child is called the "First 1000 Days". In this period, the nutritional status of children can influence their short-term and long-term nutrition and health. Good nutrition can reduce their risks of chronic non-communicable diseases in the later stages of life. These relationships had been scientifically supported.

The role of mothers is key in carrying out exclusive breastfeeding for their babies in the first six months. However, it is necessary to have the support of different parties in this process in order to prevent mothers from stopping practicing and being influenced by traditional norms and advertisements of milk powder companies. Apart from family members, health care workers in the hospitals where the mothers have their child births can have direct influence on the mothers. After discharge from the hospitals, other women in the communities can also influence these mothers. Therefore, World Vision specifically work with County Maternal and Child Health Hospitals in the Baby-Friendly Hospital Initiatives, as well as work with Village Committees and women in the Community Health Volunteers Projects. We work together to promote exclusive breastfeeding which is a very difficult but meaningful project.

The book has recorded the efforts of all those who are involved. By presenting the true stories and interesting tidbits, the real life situations, details and scientific information of promoting exclusive breastfeeding are vividly shown. More importantly, we can see that the infants in these stories are growing healthily!

Therefore, I sincerely respect and am grateful to the hard-work of all of you who have participated in these projects. I deeply hope that this book can become a valuable reference and experience sharing of project partners, health care workers, community leaders, mothers and children, and our World Vision colleagues. I also hope that we can continue to work hand-in-hand and contribute to the improvement of health and nutrition of the children.

Victor Kan
National Director
World Vision China
August 2015

Preface II

Time flies in the fast pace of work. It has already been over 10 years since our cooperation with World Vision China. We had completed fruitful work in the areas of prevention and control of tuberculosis, HIV and AIDS, iodine deficiency and primary school children health education. Our women and children in the western impoverished regions were greatly benefited.

We entered into the area of child nutrition in this cooperation. The devoted efforts of all the project staff had brought about further advancement in promoting breastfeeding in project sites in Yunnan and Guangxi Provinces. With sufficient and timely breastfeeding, the children had become stronger, healthier with better body resistance to diseases. The prevention-oriented approach had been solidly implemented. This enables children of our future generation better growth and intellectual development. This will also reduce the burden of non-communicable diseases in the next generations and facilitate them to rise out of poverty.

The Chinese Centre for Disease Control and Prevention has also implemented breastfeeding promotion work through concrete plans. With the advocacy support of the National Centre for Women and Children's Health and the United Nations Children's Fund, the rooms of "Mother's Love 10 m²" have been established in many different public places and office premises of different institutions. This has provided a friendly environment for mothers to breastfeed their babies nationwide.

I am thankful to the mothers who have adopted breastfeeding. I am also thankful to the contributions of all those involved in our projects. I look forward to more cooperation in broader areas, and with more significant impact!

Dr. Wang Jian
Deputy Secretary of the Party Committee
Secretary of Discipline Inspection Commission
Chinese Centre for Disease Control and Prevention
August 2015



Chapter I Breastfeeding and Child Nutrition

Dr. Christy Fong

1.1 The first 1000 days - nutrition of pregnant women, infants and young children

The 1000 days between a woman's pregnancy and her child's second birthday offer an unique window of opportunity to build the foundation for a healthier and more prosperous future. Providing the optimum nutrition during this 1000-day window period can have a profound impact on a child's physical and intellectual development, enhance their ability to learn and work, and eventually rise out of poverty.

This period is the time with the greatest burdens of mortality, illnesses, infections, undernutrition and mortality. The effects of undernutrition in this particular period are irreparable and have long-term negative effects.

Based on the evidence on effective interventions for improving child health and nutrition, World Vision has summarized a "7+11" Health and Nutrition Strategy. Seven core interventions are for improving maternal health and nutrition, the other 11 core interventions are for children under 2 years old. World Vision China further narrows down to "3+9" core interventions which are adapted to the China context.

In the past 3 years, World Vision China focused on promoting exclusive breastfeeding for the first 6 months in its pilot projects, and health promotion and communication activities for improving maternal care and nutrition. These happen in the period of "-9 months to 6 months after birth" and related interventions in the diagram below.



Preventing maternal and child undernutrition World Vision China "3 + 9" core interventions (adapted)

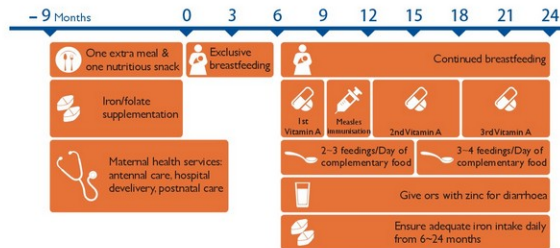
Proven interventions delivered at the right time
from World Vision's health and nutrition strategy

Pregnant women: 3 core interventions

- Adequate diet-extra meal & nutritious snack
- Iron/ Folate supplements
- Facilitate access to maternal health service: antenatal and postnatal care, skilled birth attendance, prevention of mother-to-child transmission, HIV/STI screening

Children under 2: 9 core interventions

- Appropriate breastfeeding
- Essential newborn care
- Vitamin A supplementation
- Hand-washing
- Oral rehydration therapy /zinc
- Appropriate complementary feeding (6 to 24 months)
- Care-seeking for fever
- Adequate iron
- Full immunisation for age



1.2 World Health Organization definition on exclusive breastfeeding

" Exclusive breastfeeding " is defined as no other food or drink, not even water, except breast milk (including milk expressed or from a wet nurse) for 6 months of life, but allows the infant to receive ORS, drops and syrups (vitamins, minerals and medicines).



1.3 Emphasis on the work of promoting exclusive breastfeeding for the first six months

Breastfeeding has a lot of benefits to infants as well as their mothers. It gives infants all the nutrients they need for healthy development. It also contains a lot of antibodies that help protect infants from common childhood illnesses. As of mothers, breastfeeding reduces risks of breast and ovarian cancers, type II diabetes, and postpartum depression. (For details, please see Chapter 5)

1.4 Approaches in promoting exclusive breastfeeding

We attempt to use two approaches to improve the breastfeeding condition in poor areas supported by World Vision.

The diagram below depicts the relationship between these two approaches. One approach is to focus on strengthening Baby-Friendly Hospital Initiative (S-BFHI) in the hospitals in order to enable the health care workers to effectively participate and support the measures for newborns to receive exclusive breastfeeding in the first few days. This is to ensure that mothers establish appropriate exclusive breastfeeding methods and skills before they leave the hospitals. In addition, breastfeeding messages are communicated to the significant family members of mothers. (Also called Health System Strengthening)

Another approach is to focus on strengthening community-based health volunteer initiative in the communities in order to enable a support network for breastfeeding in the communities (ttC). This is to ensure that mothers are supported to maintain appropriate exclusive breastfeeding practices in the first six months. Besides, breastfeeding messages are communicated to other influential members in the communities. (Also called Community System Strengthening)

Additionally, World Vision endeavors to facilitate the linkage of these two approaches, and support the cooperation of related project partners of these approaches.

World Vision China - To Promote Exclusive Breastfeeding for the First Six Months by S-BFHI and ttC



1.5 Influence of project work so far

World Vision and local partners started this project in Mashan of Guangxi Zhuang Autonomous Region and Luchun of Yunnan Province since 2013. Inhabited with ethnic minority groups, many pregnant mothers in the two counties had little access to breastfeeding knowledge and skills support. Yet after about 3 years of project work, the support of community volunteers trained by World Vision has greatly enhanced their awareness and persistence to exclusively breastfeed their babies in the first six months.

In this book, community members including pregnant mothers and their family members, volunteers, health care workers will share with you more about breastfeeding in their own personal accounts. It can be found in Chapter 3 "Real Life Stories" and Chapter 4 "Hear What They Say – Community Voice" in this book. Your continuous support will help many more mothers and children in poor areas to enjoy good health, and eventually rise out of poverty.



Wuding mother Juan and her baby.
Photo by: Yanty Cheung



Chapter 2 The Development of Breastfeeding in China

Dr. Christy Fong

2.1 Changes in breastfeeding and Baby Friendly Hospital Initiative policies in China

In the past 40 years, breastfeeding rates in China had great changes.¹

Using Beijing as an example:²

Changes in breastfeeding rates in Beijing, 1989~1992

Breastfeeding rates	1989	1990	1991	1992
Any breastfeeding at four months (%) (breastfeeding plus different types of fluid and infant food)	62.8	56.9	61.3	55.9
Full breastfeeding rate at four months (%) (breastfeeding plus other culturally accepted fluids)	35.3	29.3	29.0	31.5

A survey undertaken in 20 provinces in China in 1984 showed that breastfeeding rates at four and six months were 42.5% and 34.4% in urban areas and 69.95% and 60.35% in rural areas.³

In a rural area near Shanghai a survey showed that the breastfeeding rate was 80% in the early 1980s and fell to 44.1% in the early 1990s.⁴

1. Xu F, Qiu LQ, Binns CW, Liu XX. Breastfeeding in China: A Review. *International Breastfeeding Journal*; 2009, 4(6) doi: 10.1186/1746-4358-4-6.

2. Wang S, Liang Y, Li S. Factors associated with breastfeeding. *Chinese Journal of Family Planning*; 1995, 20(6): 358-359.

3. Liu L. Formation of breastfeeding education materials. *Maternal and Child Health Care of China*; 1993, 8(1): 35-37.

4. Pang R. Baby friendly hospitals improve breastfeeding. *Maternal and Child Health Care of China*; 1993, 8(1): 2-3.

To address the decline in breastfeeding, the Chinese government set a target to achieve a national 'exclusive breastfeeding' rate at four months of 80% by 2000 in the National Program of Action for Child Development in China in the early 1990s.⁵

During the 1990s the Baby Friendly Hospital movement became established in China and between 1992 and 1998, Baby Friendly Hospitals were initiated in 6745 large or medium-sized hospitals and 3475 small hospitals.⁶

During this period many initiatives were commenced to promote breastfeeding, including the Baby Friendly Hospital Initiative, women and child health protection legislation, society support programs and breastfeeding education programs.⁷

As a result, the breastfeeding rate in China started to increase in the 1990s.⁸

A national cross sectional survey in 1992 (n = 177163) and another cross sectional survey in 1998 (n=13721) showed increase in both the "full breastfeeding rates" at one month and at three months in both urban and rural areas.⁹

Changes in breastfeeding rates after the implementation
of Baby Friendly Hospital Initiative Policy, National Cross Sectional Surveys in 1992 and 1998

		Urban Areas	Rural Areas
1992	Full breastfeeding rate at One month (%)	21.1	37.6
	Full breastfeeding rate at Three months (%)	14.3	23.4
1998	Full breastfeeding rate at One month (%)	64.3	60.0
	Full breastfeeding rate at Three months (%)	37.5	53.7

5. Niu X, Zhao Y, Liu Q. Education outline of Chinese Children's Development Plan in 1990s. Central Broadcasting and Television University Publication; 1993.

6. Song L. International breastfeeding week. *Maternal and Child Health Care of China*; 1999, 14: 562.

7. Song L. International breastfeeding week. *Maternal and Child Health Care of China*; 1999, 14: 562.

8. Zheng S. Initiate baby friendly hospitals and promote breastfeeding. *Maternal and Child Health Care of China*; 1993, 8(2): 18-19.

9. Chang S, Fu Z, He W, Chen C. Current situation and trends of child growth in China. *Wei Sheng Yan Jiu*; 2000, 29(5): 270-275.

In 2014, the Chinese Government decided to further improve the nutritional and health conditions of infants and promulgated the "Notification on Baby-Friendly Hospital Review Work". The Government accorded high importance to this work.

The importance of the review work of Baby-Friendly Hospital was described in details in the Notification document.¹⁰

The document states that "Protecting, supporting and promoting breastfeeding has become the internationally recognized and common requirement. Baby-Friendly Hospital is the important battle-field for promoting breastfeeding. Since 1990s of the 20th Century, China had nationwide established more than 7300 Baby-Friendly Hospitals under the support of the World Health Organization and the United Nations of Children Fund. It had strongly facilitated the government, societies, families and health facilities to value and support breastfeeding. However, in recent years, some Baby-Friendly Hospitals had slacked in their efforts in promoting and support breastfeeding. There is insufficient supervision in the management of pregnancy and maternal care. There are even some health facilities that violated the policies. The need for improving services and strengthening management through the review work of Baby-Friendly Hospitals is urgent. With the reformation and development of health and family planning work, the health needs of women and children have increased continuously. This requires higher levels of contents and ways of providing baby-friendly and mother-friendly services. There fore important implications for implementing Baby-Friendly Review Work in terms of strengthening the quality of Baby-Friendly Hospital work, increasing the capacity and quality of maternal and child care, adapting to the varied health needs of women and children, as well as facilitating the well-being and harmony of Chinese families."

10. 中华人民共和国国家卫生和计划生育委员会. 国家卫生计生委关于开展爱婴医院复核的通知 2014-06-19. 网址: <http://www.moh.gov.cn/fys/s3585/201406/556c0b7673e8470f9641c28d119a9f31.shtml>

2.2 Exclusive breastfeeding: traditional perceptions vs proper concepts

Traditional perceptions:

In the course of project work in World Vision China, a lot of interviews were conducted with mothers of children under two years old in order to understand their traditional perceptions and practices on breastfeeding. The results can be summarized as the following key points:

- ✧ Overall, there is not much difference between mothers of Han Chinese and those of ethnic minorities in the perceptions of breastfeeding.
- ✧ The majority of mothers thought that colostrum, the "First Milk", were not good, not clean, not healthy food for the babies. It should be discarded. This perception were passed down from their elders (grandparents of the babies). Mothers did so as told by the elders in their families.
- ✧ The majority of mothers thought that apart from breastmilk, newborn babies should also be fed on water, formula milk etc..
- ✧ The majority of mothers thought that they should feed their babies with food (before six months old) so as to supplement the inadequate nutrition from breastmilk.
- ✧ The majority of mothers thought that babies would have better physical strength if fed with rice or cereal, and as early as possible.
- ✧ The majority of the mothers did not have much idea about exclusive breastfeeding.

*(Source: Qualitative research results of Area Development Programs
of World Vision China, 2011~2013)*

Proper Concepts:

The World Health Organisation recommends that babies should be exclusively breastfed for the first six months. After this, solid food is added gradually so that the babies can slowly learn and adapt to solid food. At the age of about two years, the babies can eat food like adults.

At the age of about six months, the heads and oral development of babies reach the stage that they have the capacity to swallow food. Their gastrointestinal system is more mature and can better digest different types of food and absorb the nutrients. Feeding the babies with food too early would be a burden to their digestive system. Feeding too late would have the risk of babies not getting sufficient nutrition.

The quality of mother's breastmilk six months after delivery is as nutritious as before six months. Therefore, the babies will get sufficient nutrition if they are breastfed and are given different types of solid food. If possible, it is recommended to continue breastfeeding until the babies are two years old. In this way, the babies will have very good body resistance and more healthy.

Colostrum is the milk secreted by the mothers in the first few days after giving birth to babies. It is yellowish in color and is partially thick. Colostrum has very high nutritional value and contains a lot of antibodies. It can protect the babies from a lot of infections. Feeding the babies with colostrum and frequently on breastmilk can reduce the chance of jaundice.

Quotes from mothers interviewed:

Traditional perception on Colostrum	Quotes from mothers
<ul style="list-style-type: none"> • Colostrum is yellowish and partially thick. • The first part of colostrum needed to be discarded. • Elders in families told the mothers these concepts and asked mothers to do so. 	<p>Discarding part of the colostrum:</p> <p>◇ "I discarded those breastmilk that came out first. I did not feed it to my babies, I am afraid that they would have diarrhea. I only discarded a few drops. Other times I did the same." (Mother, 18 years, LiSu tribe, only one child, 3 months old)</p> <p>◇ "I discarded the milk just that comes out first before I started breastfeeding my baby. My mother-in-law taught me and so I did it like this..." (Mother, 22 years old, HaNi Tribe, only 1 child, 2 months old)</p> <p>Discarding all the colostrum:</p> <p>◇ "Called 'A Zhi', a bit yellow, a bit sticky. I discarded it. This is not pure milk and so I basically discarded all of them." (Mother, 22 years, LiSu Tribe, had 2 children, the youngest one aged 7 months)</p> <p>◇ "The first drops of milk would not be given to baby. We had to follow what the elders told us." (Mother, 23 years, HaNi Tribe, had 2 children, the youngest aged 15 months.)</p>
Traditional practice on feeding water and formula milk	Quotes from mothers
<ul style="list-style-type: none"> • Babies were fed on water, milk powder and other food within the first few days after birth. 	<p>◇ "In the first few days after birth, we used our fingers to hold a bit of water and gave to the babies. This is tradition." (Mother, 29 years old, HaNi tribe, had 3 children, youngest one aged 3 months)</p> <p>◇ "I had normal delivery in the County Hospital. I fed my breastmilk and milk powder on the first day after delivery. I fed also my breastmilk on the second day, but I also gave buckwheat noodles with sugar, three times a day. Same feeding on the third day too." (Mother, 17 years old, Yi tribe, had only one child, 17 months old)</p> <p>◇ "I had normal delivery. I started giving milk powder on the first night of delivery, and also some water. I fed milk powder on the first three days, and then fed breastmilk on the fourth day." (Mother, 28 years old, NaXi tribe, had two children, youngest one aged 5 months)</p>

Complementary feeding: time of starting, methods and the types of food

Complementary feeding: time of starting, methods and the types of food	Quotes from mothers
<ul style="list-style-type: none"> • Started feeding on food as early as one month after birth. • Starting from about three months after birth, babies were fed with different types of food. 	<p>Food that were fed to babies at one month old: Buckwheat noodles, sugar.</p> <p>◇ "I started feeding my milk to baby on the second day. Then, the first food that I fed was buckwheat with sugar. Need to be thicker." (Mother, 35 years old, Yi tribe, had three children, youngest one was 8 months old)</p> <p>Food that was fed to the babies at 3 to 5 months old: rice noodles, rice, biscuits, vegetables, meat.</p> <p>◇ "At 3 months old, I gave the baby rice noodles which were brought from the supermarket. I added water and fed with spoon. At 5 months old, I started feeding rice, biscuits, sweet things, sugar, vegetables, vegetable soup and meat." (Mother, 22 years old, LiSu tribe, had one child, 19 months old)</p> <p>◇ "When my baby was 3 months old, I started feeding corn porridge first. And then I used spoon to feed my baby with noodles which were cooked in bone soup. And then I gave banana and apples. Sometimes I gave these with spoon, and sometimes I bit into a few pieces and gave to the baby." (Mother, 24 years old, NaXi tribe, only one child, 23 months old)</p> <p>The first key time: 1~2 days after births; the tradition is to give the kids some water.</p> <p>◇ "We need to give the baby a bit of water using our finger in the first 1 to 2 days after birth. This is our tradition." (Mother, 29 years old, HaNi tribe, had three children, youngest one was 3 months old)</p> <p>The second key time: about 2 months after birth: start giving rice.</p> <p>◇ "At the 5th or 9th round after birth, I needed to give my child a bit of rice to try. Therefore in the 5th round, I started giving rice to him." (** In Hani tradition, one round is 13 days. Five rounds mean 65 days and about 2 months) (Mother, 21 years old, HaNi tribe, only one child, 12 months old)</p> <p>The third key time: about 4 months after birth; need to start normal rice feeding.</p> <p>◇ "In our HaNi tradition, we started feeding rice when the child was 4 months old. Before that, they were fed a little bit of rice. But from 4 months old, they eat rice formally." (Mother, 20 years old, HaNi tribe, only one child, 5 months old)</p>

Comparisons among breastmilk, milk powder and food

Quotes from mothers

• Mothers regarded babies feeling full after having rice while being hungry very easily after taking breastmilk.

Most mothers thought that rice make the babies feel more full and satisfying to the babies while being hungry faster after feeding breastmilk.

◆ "Breastmilk is just enough when the baby is small. But is not enough when he is older. Child will feel full for longer time. I am worried that the child would have malnutrition with breastmilk only."

(Mother, 22 years old, Han, only one child, 10 months old)

• Regarded breastmilk as having more nutrients and babies growing better with breastmilk.

◆ "Rice is better than breastmilk. Breastmilk belongs to mother. It disappears as the child has urine. The child gets hungry easily. It is not easy to be hungry after taking rice."

(Mother, 33 years old, NaXi tribe, had two children, youngest one was 22 months old)

◆ "It is better to feed the child with rice. Children fed with rice grew stronger. It is better not to give breastmilk after one year old. Before one year old, need to feed both breastmilk and rice."

(Mother, 24 years old, Hani tribe, only one child, 7.5 months old)

There were also some mothers who regarded milk powder as better than breastmilk.

◆ "I watched television and knew that there were different problems with milk powder. Babies get sick with it and have allergy to it. We cannot give cow milk, eggs. The doctors in the hospitals told us. Therefore, it is better to give breastmilk."

(Mother, 24 years old, NaXi tribe, only one child, 23 months old)

◆ "The benefits of breastmilk are that they have more nutrition. The child will grow."

(Mother, 19 years old, Yi tribe, only one child, 17 months old)

◆ "Breastmilk has benefits for the babies and is better than milk powder. My child who was fed with breastmilk could sit at 3 or 4 months old."

(Mother, 25 years old, LiSu tribe, had two children, youngest one was one month old)



Chapter 3 Real Life Stories

3.1 Mothers

The Persistence of a Mother

Passing through the winding and tortuous mountain roads, one could vaguely see the village in between the mountains and valleys. It was located in Luchun of Yunnan Province. Here, the birds were singing from time to time, and breaking through the quiet atmosphere. Inside a village cottage, a young mother was playing with her child. He played with his hands and legs, and that made his mother smiling all the time.

This mother was one of the women who participated in the breastfeeding project of World Vision. When mentioned about the benefits of breastfeeding, Bao-men, the young mother, could not stop talking. "It makes the brain healthier, and breastfeeding can also help to increase the body resistance of the body." She felt very happy in her heart when she saw that her child grew up healthily.

Since the first day of birth, she started breastfeeding. The first day, the second day, and persisted until now when the child was more than three months old already. Step by step, she always reminded herself to persist on breastfeeding until the child was six months old. Sometimes, when other mothers thought that her child was thirsty and wanted to feed the baby with water, she then decided to adjust herself by eating more fruits and drinking more water. "The baby won't be thirsty after taking my breast-milk as the breastmilk has enough water in it. There's no need to give extra water to the baby. Moreover, if the baby was fed with water, he would take less breastmilk," she said. Because of this, even when her mother-in-law was nagging on why the baby was not fed with milk and rice before at three months old, Bao-men still insisted on breastfeeding.

Mother-in-law of hani tribe was happy to see baby growing healthily

Bao-men belongs to the Hani tribe, and there is certain traditional practice on baby feeding at three different time points. For the first one or two days after birth, there is a local practice to give some water to the baby. When the baby is two month old, porridge should be given to the baby. Then, cooked rice has to be fed when the baby is four months old.

After knowing the benefits of breastfeeding, Bao-men no longer fed her baby according to the Hani tribe traditional customs. Now, she usually breastfed her baby 12 times a day and did not give any supplementary food to the baby. The effect on the baby's growth had also changed her mother-in-law who used to be nagging on her. She saw that the baby was growing faster and bigger than other one month old baby, and was more active. Moreover, the baby's hands and legs were more agile than other babies of the same age. Besides, the child's growth chart also intuitively showed to her mother-in-law that the baby's weight was within the normal range. This was reassuring to her.

This pleasant result was not only due to the persistence of the mother. It was also the result of the assistance from community volunteers. Bao-men said honestly, "Without the help of the volunteers, I'll follow the advice of my mother-in-law advice. I would have already fed my baby with rice and water much earlier."

Coincidentally, one of the volunteers is her mother. Bao-men thus has the support from her mother. She returned home every month to receive guidance on breastfeeding. At the same time, support from her husband also increases her confidence.

Not to give up breastfeeding despite working as migrant worker

When she was pregnant for eight months, her mother started calling her daughter who was working outside. Her mother explained to her patiently about the breastfeeding knowledge which she had learnt from the World Vision training. Her mother told her that attention must be paid to which areas and the benefits of breastfeeding to the child. After deep thinking, she made the decision to breastfeed her own child.

Now, she returns home once a month and measures the weight of her baby with the help of her mother. She could see that in her baby's growth chart, the dots and lines showed that the child was growing healthily.

She smiled comfortably.

Bao-men said that she would insist on breastfeeding even if she needed to go outside and work together with her husband. She plans to use exclusive breastfeeding until the baby is six month old. She will start to give him other food until he is one year old. This is because she learns from her mother that a baby can be fed with other food for more nutrients other than breastmilk from six months onwards.

Her persistence will give a healthy start to the life of her child.



Bao-men, a Hani tribe mother from Luchun County.
Photo by: Yanty Cheung

Wise Remark of an Experienced Person

" He has breastmilk and grows day by day. It is not necessary to consider giving him rice, isn't it ? " Yan-ping said, as she looked at her child fluttering in his arms. Obviously, the growth of the child had surprised her.

From birth, Yan-ping breastfed her baby. She has persisted for five months. The baby was weighed during the volunteer's visit and he weighed 7.5 kilograms. The good growth of her baby made her laughed from ear to ear.

Before the birth of her son, Yan-ping has an older daughter. When the daughter was born, Yan-ping had not been in contact with breastfeeding knowledge. Yan-ping also removed the colostrum that came out in the first two days after the birth of her daughter. She started feeding her daughter rice when she was four months old. As she recalled her previous experience, she still remembered that her daughter had numerous times of " fever and flu " As she said this, a guilty conscience crept in her face.

In the village, community health volunteers explained the benefits of breastfeeding. Yan-ping made up her mind to give breastmilk to her baby. " I feel that I should listen to their advice. This is good for the children and for the mothers. This can reduce some diseases. I can also benefit from this. " She also deeply remembered the words from the volunteer. Immediately after birth, she changed from previous practice. She gave colostrum to her child. She said, " The volunteer had told me (benefits of colostrum). I did not remove it. I gave all the colostrum to my baby. "

After five months of breastfeeding, Yan-ping had seen the effect of breastfeeding obviously. " My child has exclusive breastfeeding. He had not been sick. " Comparing with her daughter, she also felt that her son looked better with better spirit. She also said that when babies were breastfed, they would be quiet and sit still. They were not like those fed on formula, who cried longer and more frequent.

For Yan-ping, she wanted to thank volunteer for helping, other than her family members. The volunteers visited her every month and show her how to breastfeed. They also helped check the weight of the child. At the beginning of breastfeeding, she rushed and was not correct. Gradually and with their help, the child could handle it calmly. Thinking the most memorable time in this period, she exclaimed, " In the first month - because I did not know how to breastfeed. I am so thankful that they came to help. "

Seeing her son babbling clamor in her arms, Yan-ping's face totally revealed her love for the child.

Believe

" Do you still remember the positioning in breastfeeding ? " When asked of this question, Mei-chen, a young mother used her hands to illustrate and used her two hands to demonstrate the way to hold baby when breastfeeding. As she showed it, she also laughed shyly.

Her son is now one year and ten months old. He can walk independently in the corridor of the house. He does not need her mother to support him. He waded a bit as he walked with his feet and looked very lovely.

When the child was born, she started breastfeeding. " When I was moved from labor room to the maternity ward, I immediately breastfed my baby. " Mei-chen recollected the situation. When she was still pregnant, the community health volunteer of her village visited her and explained the benefits of breastfeeding. In her heart, she gradually agreed with breastfeeding. " This is good to the child's growth. For mothers, breastfeeding can reduce the chance of having breast cancers and ovarian cancers. "

Due to the detail and patient explanation of the volunteers, she changed from traditional ways of feeding her child. She still vividly remembered how the old people at home objected against this. She said, " The old people at home always said that why the child was not fed with rice. I told them that it was now different. Children nowadays are more clever. So, we need to believe in science. " In this way, she persisted and had exclusively breastfed her son for the first six months.

" I feel that he seldom has illness, and his health is good. " When talking about the difference between her son and other kids, her son's healthy body impressed her very much. In those six months, she insisted of exclusively breastfeeding her son. Eventually, her son did not take any water. Now, the child grows healthily. This is also a return to her persistence in breastfeeding.

Mei-chen still had lots of feelings when recollecting those days. She said, " I persisted for six months! We need to believe in science. "

3.2 Volunteers

Sowing the Seeds of Love

" Sometimes, I feel sorry for my two kids. They could grow up taller and stronger," said Cong-qiong, a volunteer in Luchun Project, with a regretful voice.

Cong-qiong is a normal Han woman growing up in the Gejiu City of Honghe Prefecture in Yunnan Province. At the age of 17, she married to a man in Pinghe Township of Luchun County, a village of the Hani tribe and very different from her home town. After living here with her husband for many years, she currently has two lovely children and speaks the Hani tongue fluently. She has a good relationship with other Hani women in the village and becomes a woman official.

In the Hani Community where Cong-qiong lives, women would dispose the colostrum produced during the first two days after a baby's birth, as they think that the yellowish colostrum is dirty. According to their traditional thoughts, a baby should be fed with rice in order to grow up healthy. Therefore, when Cong-qiong breastfed her own babies, she did not give them the colostrum, not to mention she did not know the important nutrients in colostrum. When her babies were one month old, she started to feed them with rice.

From a mother to a volunteer

" How can I know by that time that a baby's digestive system is not yet mature when a baby is only one month old? They cannot digest such food at all!" Even though she does not know why her children always get sick, Cong-qiong still feel very guilty when she shares her experience of feeding children.

In 2011, the World Vision's Luchun Project starts to promote breastfeeding in the community in order to improve the nutrition level of children in the region. The Project invited women in the village to be volunteers, and Cong-qiong was one of them. She never leaves behind others and participates actively in all training activities.

Now, she has another role to play - a health volunteer in the community.

Cong-qiong went to junior high school before, and therefore, she can easily understand the knowledge taught. Not only she became the leader amongst the volunteers very soon, also she helped with the simultaneous interpretation into Hani dialect during the training and helped other volunteers to understand the content more easily.

From regret to helping others

When asked why she is so enthusiastic, she answered, " I am very happy to have the opportunity to participate and learn so much knowledge directly. I have a strong feeling that when I learn more, I discover that I know so little. "

Through the training, Cong-qiong understood the way she fed her children before was wrong. She was determined to contribute her energy in helping other women to join the group of breastfeeding. " Young mothers need breastfeeding knowledge and support. They need concerns and cares, and they are willing to learn such knowledge. Now, whenever I have opportunities to chat with other women, I'll introduce the knowledge to them," said Cong-qiong.



Volunteer Cong-qiong (Left) assisted in the community health volunteer training on breastfeeding.

Photo by: Karen Yen

Children as Priority

With red hats on their heads and tribal accessories on their waists, the three women gathered together for a discussion with laughers from time to time. In this village in the huge mountains, they were as eye-catching as their red hats.

We can always see these three women of Hani tribe in the process of promoting breastfeeding in the community. The little effort of each of these three enthusiastic community health volunteers had gathered together to bring about big benefits for the mothers and children in the village.

The biggest wish of every mother is that their child grows up smart and healthy. Yi-che, You-xiu and Zhong-lou are all mothers. From their experiences of raising children, they knew the importance of breastfeeding to their child's growth through the training. In the past, they were not able to do so because they did not know what would be the best way for their children's growth.

Great knowledge in breastfeeding

Two years ago, they began to join the community health volunteer activities for promoting breastfeeding, which was co-organized by World Vision Luchun Office and the Health Department of World Vision China. With a simple hope to provide more help to pregnant women and children, and to see the children growing up healthily, they joined the breastfeeding training. Through the training, they now understand more, such as having at least five times of antenatal care, eating food that is rich in iron and calcium, and taking folate supplement tablet and using iodized salts. These are important for normal growth of fetus, especially the development of brain and neurological system.

There was a 39 years old woman in the village and her baby had some problems. After talking to her, they knew that the reason behind was the method of feeding. The baby was given water and rice after birth. No attention was given to the nutritional needs of the baby. They were all sad about the situation. Zhong-lou and You-xiu tears dropped when they talked about this.

With the belief to help pregnant women and children, and to see the Hani children growing up healthily, the three of them became community health volunteers in 2013. Since then, they strived to have more children being breastfed, and help more mothers understand its benefits.

When conducting the actual work, they need to pay 10 home visits to each pregnant woman on average, including explaining the importance of at least 5 times of antenatal check-up, the nutritional needs of a pregnant woman, benefits of exclusive breastfeeding for mothers and babies, as well as the correct positioning of breastfeeding, etc. Since they joined the volunteer team, a total of 8 women have received their patient and caring services.

Mother's persistence, healthy babies

At the beginning, World Vision provided trainings for them. Later, when there were mothers who gave birth, the World Vision Luchun office colleagues would accompany them to conduct home visit and helped them understand and be familiarized with the work flow. After two to three times, they grasped the basic techniques. Then, they begin to follow-up these pregnant women and mothers independently.

During the work process, the most encouraging part to them was that women listened to their advice and had antenatal check-up in the hospital. The women also insisted on breastfeeding after giving birth. Indeed, their work began to show results. Through breastfeeding, the diarrhea and flu problems that children in the past used to have decrease. The healthy growth of children made the mothers very happy.

Nevertheless, they encountered quite a lot of difficulties as well. Some women were used to their traditional method of holding the babies in breastfeeding and were not willing to adopt the proper positioning. Therefore, they needed to pay particular attention to this during their follow-up visits. They also needed to pay attention to whether the mothers had fed their babies with water, etc. To tackle these problems, they would explain to the mothers patiently. When the mothers could not continue breastfeeding, they encouraged them and emphasized the benefits of breastfeeding to the growth of their children. When they saw that the mothers followed their advice and persisted in breastfeeding, and that the babies were growing up healthily, they felt indescribable happiness.

80% of women used exclusive breastfeeding for the first six months

When there were women who stopped breastfeeding mid-way before the babies were six months old, they would inevitably feel unhappy. But after a few days of sadness, they would commit themselves to the service again.

Nowadays, after promoting breastfeeding, there are positive changes in the community. More and more people support exclusive breastfeeding for the first six months. In the village, there are eight women out of ten that exclusively breastfeed their babies for the first six months. When talking about this, the three of them laughed loudly.

Apart from the support of other mothers, the understanding from families and village cadres also minimize their worries. Usually, when they said that they had to follow up the mothers after delivery, their husbands would help with the unfinished household chores at home. "As long as it's a good thing to children, it should be done first. The work at home can be done later, it really doesn't matter to do it later." These words from their husbands give them more motivation to do the work. You-xiu, the woman village cadre in the village, also let the villagers know more about breastfeeding through her actual work.

"We are very happy to see that women in our village do what I have told them." This simple line crystalizes the achievement of their genuine and thorough work. It also gives them the motivation to continue their service.



World Vision staff Xuli (Left 1) went to the villages to discuss breastfeeding with the women.

Photo by: Gao Xiu-fen

"The Efforts that I have Paid are Worthwhile!"

"It was a bit stressful at the beginning of this work. I was a bit shy. After some more interactions, I felt better. I thought about that they were human being and so was I. I told them the knowledge and it was not a big deal. After that, I was used to do this." Yan-jiao shared her experience of supporting mother to breastfeed her baby after birth for the first time. She was the volunteer who came from Mashan County of Guangxi Zhuang Autonomous Region.

In the process of promoting breastfeeding in the community, it did not only help the mothers and their babies to have better health. It also helped the volunteers to have personal growth. After participating in the World Vision volunteer training in November 2012, she then started her service as volunteer.

At the very beginning when she had to explain the knowledge to the women, she was rather nervous. She needed the staff of Mashan Office to accompany her and told the mothers, "She is with World Vision and comes to do the service about exclusive breastfeeding." We explained the benefits of this to them. She then watched and learned, and then demonstrated the positioning in breastfeeding. She was so nervous at that time that she did not know how to guide the postnatal mother in proper positioning in breastfeeding.

Do not be nervous and do well

As she had more contacts with mothers and reflected on how to do the service, she became more and more skillful. "Need to be careful, not be nervous, and then thing will be done well." said Yan-jiao as she summarized her experience.

From the beginning that she was too shy to say anything to now that she could fluently explain the knowledge, Yan-jiao was very happy about this. She divulged that it was because she could convey the knowledge to the women so that everyone of them could grasp the knowledge of exclusive breastfeeding.

She was proud of herself because she could support and help the mothers to do exclusive breastfeeding through the service as volunteer. She was especially happy when the women adopted the method of breastfeeding after she had explained to them the positioning. When she visited the mothers and babies in their homes, she saw that they were holding the babies, feeding the babies according to what she had taught them, and as well as persisting in not feeding water to the babies.

Support from family members was crucial

In the process of explaining exclusive breastfeeding, she was very patient in persuading the mothers and their family members. She told them the benefits of exclusive breastfeeding, including how good it was to the brain of the child, reducing the chance of some childhood illnesses, and encouraging them to just breastfeed in the first six months and not feeding other food such as milk powder and water.

However, it was not always smooth in volunteer's work. For example, some postnatal mothers would leave home to work as migrant workers. They took the babies with them. This had made the follow-up work rather difficult. Nevertheless, she was not defeated by this. What had supported her to persist in volunteer work was not only her enthusiasm to serve the women. Her family members had also given her tremendous support. When she joined the training organized by the Project Office, her family members said to her, "You can go and be rest assured, as we are at home to take care of all things!" Sometimes, her husband would take her to the mother's home with his motorbike.

With passion, she joined the volunteer work. Through the practices in the activities of promoting breastfeeding in the World Vision project, she changed from a shy woman to become a backbone of the community. She was later selected as woman cadre and to provide different types of support to the women in the village. These included supporting exclusive breastfeeding for the first six months. Seeing her own changes, she said, "The efforts that I have paid are worthwhile!"



Yanjiao (right), a volunteer from Mashan, practiced on breastfeeding method in the training.

Photo by: Wang Guo-yu

Contribute My Effort

"I immediately know that breastfeeding is good for the children and for the mothers." The fifty-two year old Nai-rong used this simple statement to evaluate her work.

As a community health volunteer, she contributed considerable time and energy to serve the women and children in her village. She participated in training, conducted home visits, with the purpose of imparting the breastfeeding knowledge that she learned to women. She believed that this would produce positive effect to the health of the next generations.

"Let us do the work. You just go and be rest assured!" When it was busy farming seasons, her family members would let her be freed so as to follow up those women who needed help in breastfeeding.

At the very beginning, some women questioned. They said that their kids grew quite well even though they were not fed with breastmilk before. This was the deep-seated traditional concept. For those old grandparents, they said that the kids in their days were only breastfed for one month and then fed with corn porridge. In response to these, Nai-rong used her perseverance and diligence to persuade these mothers and grandparents in the families.

"In the first few days after discharged from hospital, World Vision staff and me start home visits to the women. We teach them the proper positioning in breastfeeding. We teach them little by little. Even if the family members of the women show some resistance, I still will not let go. Gradually, when the mothers begin to realize the benefits of breastfeeding, we will let them persuade their family members. The women then persist and maintain exclusive breastfeeding for the first six months." Nai-rong recalled. It was this great patience that she gradually helped them to accept the concept of exclusive breastfeeding for the first six months.

What she was most proud of and happy about was that women changed their previous practices. They started to change and stop feeding their babies with water. With these changes seen, Nai-rong felt that her work was worthwhile.

In the continuous follow-up process, she explained in detail the benefits of exclusive breastfeeding to the mothers and her family members, and the best food for the babies. For example, there are

antibodies in the breastmilk and can increase the body resistance of the baby. They reduce the chance of being sick. It is because if water and sugar were given to the babies, it could easily lead to diarrhea. This will also affect their growth and development.

"I feel that exclusive breastfeeding should be greatly promoted and increase its influence so that our next generations can be healthy." Nai-rong looks into the future and hopes that she can continue to contribute her effort in this work.



Volunteer Nai-rong entered the Child Growth Monitoring Chart.

Photo by: Karen Yen

Be a Good Grandmother

In Mashan County of Guangxi Zhuang Autonomous Region, there was such a community health volunteer. She acted out what she believed and started from her family in promoting breastfeeding.

Since the year 2012, Nai-ping started to become community health volunteer. Since then, she had already been involved in promoting breastfeeding for two years. She is so familiar with the work of home visits to guide the pregnant women or mothers who have just delivered their babies.

Talking about the beginning, Nai-ping recalled, "Some families did not understand exclusive breastfeeding. I went to talk to them. They then asked me about the best way to feed their children. I told them that they needed to do exclusive breastfeeding." She was very willing to share with these women what she had learned. "I told them what I knew, how to do exclusive breastfeeding for six months, why they needed to do this, and that this would help their children to have good brain development and healthy body." With her careful explanation, women in the community gradually learn how to breastfeed and hold their babies.

Among the women that Nai-ping had served, one of them was special - her daughter-in-law.

Nai-ping conceded, "I did not know how to do this before. Now, I know how to do this and the best way to do this." So, she used whatever she had learned from volunteer training and practically applied to help her daughter-in-law. Therefore, her grandson was exclusively breastfed for six months, and without feeding water. During that period, if her daughter-in-law needed to go the market, she would express the breastmilk and store in the refrigerator. When the grandson was hungry, they took the milk out and warmed in hot water before feeding to the baby by cup.

Moreover, she wholeheartedly dedicated her energy to guide her daughter-in-law in breastfeeding. "I taught her, firstly how to hold and position the baby properly, how to breastfeed, the time for each feed. My daughter-in-law did according to what I'd told her."

With her outmost care and guidance, she shared the result, "My daughter-in-law persisted in exclusively breastfeeding her baby for six months, before she started feeding other food to the baby." Nai-ping's face was filled with a proud smile.

Persuading the Elders

"I feel very happy being with the other women. When I do not have anything to do, I go to my mother's house. I hug the children and chat with my mother." Talking about my work, Li-qin is always with big smile. In her eyes, the work of explaining breastfeeding to women is something that she is very happy.

"I am happy because I do something that are beneficial to the babies and helpful to their growth. This will make the next generation healthy." This kind of satisfaction often made her forget about the obstacles in work.

From 2014, Li-qin started being a volunteer. She just finished following-up one mother who completed exclusive breastfeeding for six months. Now, she is following-up another mother whose baby is one month old. Although she had not met with very stubborn women in work so far, skills and patience were needed to persuade those "very experienced" elders in the communities.

"The elders often say that the breastmilk is not sufficient for the babies. Babies are hungry. I slowly tell them that breastmilk is good for the babies' growth and can increase their body resistance," she said.

Elders often say that colostrum is yellowish, appears to be dirty and so they will discard it. After explaining to them, they slowly accepted that this was wrong. The colostrum is actually full of nutrients and is beneficial to the health of the babies. Now, when babies are born, they do not express and discard it anymore. Mothers now will feed the colostrum to their babies immediately after birth. Li-qin was very happy to see this change. In the volunteer work, she interacts with the mothers and babies and teach them the knowledge of how to position the babies properly, and how to breastfeed the babies. She excitedly said, "I think this work is very meaningful."

Through her efforts, the community members of her village also learned more about this work. From the work of promoting breastfeeding, she did not only learn about the knowledge of breastfeeding. She also had a new perspective on the role of "mother": "how great it is to be a mother!"

3.3 Village Cadre

For Our Next Generation

"There are less and less children in the village now, and we wish our next generation can grow up healthily. That's the reason why we start the exclusive breastfeeding project," said Yong-song, a Village Party Secretary from Mashan County of the Guangxi Zhuang Autonomous Region. This was his direct and simple answer when being asked the reason for cooperating with World Vision in promoting breastfeeding.

As a State designated poor village, Yong-song's village is surrounded by high mountains and transportation is inconvenient. Villagers are scattered around the area. Each family in the village has only one or two children. How to let the next generation grow healthily? How to improve their nutrition? He has been pondering about these questions for a long time. Therefore, the Village Committee started cooperating with World Vision in 2012 and participating in this project of promoting exclusive breastfeeding for the first 6 months.

"Our Village Committee cooperates with World Vision and implements this project. We aim to improve the specific knowledge of the benefits of breastfeeding among our target mothers, their parents, other family members and older people in the families. We hope to contribute to improving our children's nutrition and health." Since the time of starting the project, the positive results amongst the women and children in the village was quite good.

Nowadays, all people in the Village understand some general breastfeeding knowledge. In particular, their targets of service - the pregnant women are able to grasp certain knowledge regarding the different stages of pregnancy and until the birth of a child. In the past, pregnant women did not go to the hospital for regular checkups during pregnancy. Nowadays, since they have received the knowledge that the village cadres spread to the general population of the Village, pregnant women are able to go for hospital checkups at the appropriate times.

The good achievement of the project relies not only on the support of the Village Cadres, but also the contribution of health volunteers in the village. During the selection of volunteers, Yong-song had considered the local conditions and set certain criterions for the volunteers: good physical health, living at home in the long run, able to stand hardships, high enthusiasm, certain education level, and at least

able to understand or speak Putonghua. In addition, in order to start the work smoothly, he arranged the areas of services according to the volunteers' home locations. With all these, the first batch of four health volunteers began to explain and impart the knowledge of breastfeeding to women in the village smoothly.

In order to coordinate the volunteers' work, the village officials prepare a monthly list of pregnant women in the village regularly so that the volunteers will be able to know the updated situation on time.

With the support from the village officials, the volunteers achieved delightful results. Most of the families they served were able to persist in breastfeeding. More importantly, their old concept of feeding the children were changed. In the past, most babies were fed with rice when they were only one month old. They thought it was good as long as the babies were full and did not cry. They had not considered the nutritional values and the effects on the babies' health. Another example was the tradition of disposing colostrum and did not use it. By doing so in the past, these practices had bad effects on the development of the babies. And now, good results had been achieved through this project.

How to ensure the project can be sustained continuously? Yong-song suggested inviting mothers who had successfully breastfed their babies to join in the group of community health volunteers. They then could pass on their successful experiences and help more children to grow healthily.

"Therefore, I think this project has brought enormous benefits to our village and people," said Yong-song affirmatively. Such a succinct statement has crystalized the efforts that they had committed for the next generation.



Yong-song, Jiaxian Village Party Secretary of Mashan County, participated in the breastfeeding training.
Photo by: Christy Fong

3.4 Health Workers

My Responsibility

"As a hospital, and as health workers, our first priority is promoting breastfeeding. We talk about the advantages of breastfeeding with our mothers-to-be and their families, hoping that they will change their old practices and thoughts and choose the right feeding method."

We can always feel a sense of responsibility in Hui-zhi's words when we talked about the importance of breastfeeding. Hui-zhi is the Party Secretary from the Wuding County Maternal and Child Health Hospital of Yunnan province.

As a maternity facility, the work of a Maternal and Child Health Hospital is to improve the health conditions of the next generation. The Wuding hospital had passed the review by the Ministry of Health in 1997 and became a "Baby Friendly Hospital". The Hospital was committed to encourage breastfeeding while the baby is staying in the hospital, and such work had met the requirement of the Ministry. In December 2013, the hospital entered into a partnership agreement with the World Vision Wuding Project Office. The work of strengthening breastfeeding practices in the Baby Friendly Hospital was developed with an aim to ensure sustainability of breastfeeding work.

Wuding County is a poor county in the mountainous area that is populated by many ethnic groups. Children nutrition problem has always been an issue in which, many have tried hard to improve. With the help of resources and technology from World Vision, the Hospital has overcome problems such as insufficient health workers and specific work could hardly be fully accomplished as planned. Its breastfeeding work has harvested continuous development and strengthening. Many women and children, especially children, are benefitted from it. Through breastfeeding, implementation of Baby Friendly Hospital Initiative project has a great facilitating effect on improving children nutrition.

Breastfeeding work cannot be stopped

"I used exclusive breastfeeding for my children. From my experience of exclusive breastfeeding, I can feel the close relationship between a baby's health and exclusive breastfeeding practices. Breastfeeding is very important." Hui-zhi's own experience has enriched her knowledge on breastfeeding. Now, she always

emphasizes with her colleagues, "Baby Friendly Hospital Initiative is a major task of our Maternal and Child Hospital, and we cannot put it aside. Everyone should know about the breastfeeding project under the Baby Friendly Hospital Initiative, and realize that the breastfeeding work cannot be stopped. Everyone should have such awareness."

Apart from the awareness of health workers, Hui-zhi put much emphasis on training work for pregnant women, including how to help them accept the concept of breastfeeding and persist on it. After working in this area for many years, she is very familiar with the advantages of breastfeeding. "Encourage and support breastfeeding is the first step to improve the health status and quality of life of the next generation. The nutritional status of the First 1000 days - from fetal stage to 2 years after birth, should be emphasized. We should promote exclusive breastfeeding for the first six months, followed by complementary feeding while continuing breastfeeding up to the age of two," said Hui-zhi with a smile.

"I am a nurse myself, and I think that the responsibility of a nurse is to promote health. Therefore, I'm committed to it." We hope that with the sense of responsibility that Party Secretary Hui-zhi has, she will bring a healthy future to more mothers and children in the community.



Hui-zhi (right), Party Secretary of the Wuding Maternal and Child Health Hospital, attended the training on breastfeeding counselling.

Photo by: Christy Fong



Chapter 4 Hear What They Say - Community Voice

"Under the great support of World Vision, we have launched the activity of promoting exclusive breastfeeding, which is good for the growth of the babies. Our country is also promoting exclusive breastfeeding for the first six months. The purpose of our Village Committee cooperating with World Vision in this project is to raise the awareness of the mothers of the babies so that they can grasp a certain level of knowledge and know the benefits of breastfeeding. We hope that we can contribute to the improvement of children's nutrition and health."

Yong-song, Mashan County, Village Party Secretary of Jiaxian Village



Yong-song (middle), participated in breastfeeding training.

Photo by: Christy Fong

"I am very proud and very happy. I support and help the mothers to do exclusive breastfeeding through the work as volunteer. I teach the mothers breastfeeding positioning. They can feed their babies properly. I think my efforts are worthwhile. In this process, I persuade the mothers and their family members to have exclusive breastfeeding. I tell them the benefits of exclusive breastfeeding, and encourage them to maintain until the babies are six months old for better health of their babies."

Yan-jiao, Volunteer of Mashan County



Yan-jiao (right), visited the mother and her newborn.

Photo by: Pan Yan-hong



Yong-jin had photo with his wife and baby.
Photo by: Christy Fong

"Nai-rong is the volunteer that helps me. She is very caring to my baby. This auntie comes to my home to visit me every three to four days. He taught my wife how to breastfeed and a bunch of knowledge. As the father, I am very happy. The volunteer knows more than my mother. I admire her. These volunteers learn all these knowledge in the World Vision training."

Yong-jin, Mashan County, husband of Yan-ping



Yan-ping and her baby who was 22 weeks old.
Photo by: Christy Fong

"Previously, I did not know. My older daughter was only breastfed for four months. She often had fever and flu. When the second child was born, I persisted in exclusive breastfeeding until now. The volunteer taught me to give colostrum to my child. My child has very good health. He has not had illness so far."

Yan-ping, Mashan County, Maternal of the Zhuang ethnic group



Gui-zhen (left),
Photo by: Zeng Chun-liu

"My child is already four and a half years old. I am very pent-up at heart. If World Vision started working in our village in 2010 or 2011, that would be wonderful. My child could then benefit from my breastfeeding. Really, if World Vision had not spread the knowledge of breastfeeding, I would still be kept in the dark. We did not know that there was this knowledge that we, women could have. Really, very thankful, very thankful to World Vision for bringing so much knowledge to us. Really, very thankful!"

Gui-zhen, Village Committee Member of Jiaxian Village, Mashan County

"Breastfeeding is a long term work. I hope that the nurses in different departments of the Hospital can unit together to give support and care to pregnant women, breastfeeding mothers and infants. At the same time, please give sufficient understanding and support to those relatives or breastfeeding women, and let them be able to attend to exclusive breastfeeding for the first six months. This is the health need of the baby."

Ru-qiong, Head Nurse of Wuding County Maternal and Child Health Hospital



Ru-qiong (Right) practiced in the breastfeeding counselor training.
Photo by: Yanty Cheung

"I hope that the colleagues that work together in the hospital can join me to pay effort to improve the work of promoting exclusive breastfeeding. This is to help the mothers so that they can help the babies to grow healthily. Exclusive breastfeeding is good for the body of the babies. It is also good for the mother, can speed up the contraction of uterus and decrease losing blood from the vagina. Besides, comparing with infant formula powder, breast milk can greatly decrease the financial burden to the family. I hope that everyone can support our work of promoting exclusive breastfeeding. And I will also practice exclusive breastfeeding myself too."

Xuan-yan, Nurse of Wuding County Maternal and Child Health Hospital



Xuan-yan (Left) practiced in the breastfeeding counselor training.
Photo by: Yanty Cheung



Xiao-yan (Left) practiced in the breastfeeding counselor training.

Photo by: Yanty Cheung

" Since most of the women who delivered in our Hospital come from remote poor mountainous areas and are often poor, they do not have the knowledge of exclusive breastfeeding and early initiation of breastfeeding. All these would make them choose the milk powder that are cheaper. As a result, the babies have allergy, diarrhea etc. We are health care workers, we need to do our best to promote exclusive breastfeeding for the first 6 months. We need to pass on the related knowledge and skills to mothers. We also hope that parents do not blindly believe advertisements and trust those advertisement. We need to be aware that breastmilk is the best for babies."

Xiao-yan, Nurse of Wuding County Maternal and Child Health Hospital



Breastfeeding counselors in training - Jizhi (Left 1).

Photo by: Yanty Cheung

" We appeal to the hospitals not to recommend to mothers the milk bottles and teats and formula milk powder that are provided by suppliers. More work should be done in education in exclusive breastfeeding for the first six months. Educate the mothers to know the benefits of breastfeeding. Our Hospital has pregnant women class and has increased the number of breastfeeding counsellors. Through the work of pregnant women class, mothers can learn how to feed their babies economically and healthily. The breastfeeding counsellors impart the knowledge of exclusive breastfeeding to mothers. If you could appreciate the benefits of this, please help transmit this knowledge to others. It is hope that everyone supports exclusive breastfeeding."

Ji-zhi, Nurse of Wuding County Maternal and Child Health Hospital

" If we wanted our children to be healthy, we need to believe in science, and change the beliefs and traditional practices. Every one of us need to understand that mothers have good nutrition during pregnancy and then followed by sustaining exclusive breastfeeding for the first six months, would beneficially increase the body resistance and immunity of the babies. This is also beneficial to the mothers to recover and be healthy."

Luo Zong-cai, ADP Manager of Mashan ADP



Luo Zong-cai, hoped that mothers knew the benefits of exclusive breastfeeding for the first six months.

Photo by: Zeng Chun-liu

" Now the hospital delivery rate has already reached 99%, but less than half of the babies delivered in hospital can be breastfed exclusively. This problem is important. It is necessary to convey breastfeeding education to pregnant and maternal women during their stay in hospitals. It is also necessary to guide the mothers in having proper breastfeeding positioning, and emphasize to mothers that they need to breastfeed their babies exclusively for six months after discharge from hospital. This can then increase the rate of exclusive breastfeeding. This is also the principle of Baby Friendly Hospital Initiative. To help every baby to grow healthily is the responsibility of every family. This also represents our future."

Pan Yan-hong, staff of Mashan ADP



Pan Yan-hong, shared her experience in Meeting on the work of promoting breastfeeding.

Photo by: Karen Yen



Joyce Wong (middle), explained communication skills in the volunteer training.

Photo by: Karen Yen

"A building needs a strong foundation. If the foundation was not good, the building would fall apart no matter how good the building materials were. The health of our children is the same. If the foundation of health was not good, the children would have diseases easily and their brain development would be affected. From pregnancy to 2 years old, the first 1000 days are the important period for building foundation of good health. Therefore, the children need to have sufficient nutrition in this period. Pregnant women need to supplement Calcium, Iron, Iodine and Folic Acid. After the birth of the children, exclusive breastfeeding for the first six months is the best. The breast milk can provide babies with sufficient nutrition. If you want to know more in detail, you can read our pictorial booklets. They contain a lot of necessary information for pregnancy and breastfeeding."

Joyce Wong, ADP Manager of Luchun ADP



Wang Xu-li (back right), facilitated discussion during the volunteer training.

Photo by: Yanty Cheung

"We must pay importance to exclusive breastfeeding for the first six months. We all know the benefits of breastfeeding for mothers and babies. But as a community development worker, we must spread this knowledge to the communities, so that more mothers gain this understanding. This is for healthy growth of our children. Therefore, to our colleagues, I would like to say - Choose exclusive breastfeeding, the babies would be healthy and clever!"

Wang Xu-li, staff of Luchun ADP

"We must value breastfeeding, especially sustaining exclusive breastfeeding for the first six months. We need to carry this message to the community, project partners, and of course not to forget about yourself. For this "sustaining", I think it refers to being involved, and regard this as "MUST DO" as well as willing to do."

Yan Yun-hua, ADP Manager of Wuding ADP



Yan Yun-hua, talked on working with County Maternal and Child Health Hospital on Baby Friendly Hospital Initiative.

Photo by: Karen Yen

"Breastfeeding is more economical and practical. You do not need to worry about additives. It is natural and is good for the bodies of the babies. After home visits to the mothers who were discharged from the Baby Friendly Hospital that our project worked with, we found that the mothers remembered a lot of the breastfeeding knowledge that she learned from the Breastfeeding Education Videos and the Breastfeeding Counsellors in this Hospital. I was very happy and quite surprised as well. This shows that our efforts are worthwhile."

Chen Mei-li, staff of Wuding ADP



Chen Mei-li (right), interviewed Xiong Mei-li who benefited from the BFHI project.

Photo by: Dai De-chang



Chapter 5

Useful Tips of Breastfeeding

5.1 Benefits of breastfeeding - for babies, for mothers

Benefits to the babies

1. Best food for the babies and completely meets their needs.
2. The composition of breast milk is optimum. It contains many different types of important substances, which can cause the intestinal system to mature and make it easier for the baby's body to absorb.
3. The fatty acids in breast milk are very important to the brain. The brain is still growing after birth, especially in the first few years.
4. Breast milk is full of antibodies, which can support the immune system of the infants and cause it to mature.
5. It had been shown that breastfeeding can decrease the risk of the following diseases:
 - ◇ Diarrhea, urinary tract infection
 - ◇ Meningitis
 - ◇ Pneumonia, bronchitis
 - ◇ Cold, infection of the ears
 - ◇ Septicemia
6. Studies showed that the risks of the following diseases would be lower :
 - ◇ Sudden Infant death symptom
 - ◇ When the child grows up: Cancer during childhood, Obesity, diabetes, Diseases of the intestines
7. Breast milk is possibly the best food and the best medicine for disease prevention that your baby can get.

Benefits to the mothers

1. It is free, economical and convenient to breastfeeding. The breast milk is fresh, clean and with suitable temperature.
2. Post-natal:
 - ◇ Quicker recovery of the uterus
 - ◇ Reduce stress hormones
 - ◇ Better mood and sleep
3. Long term:
 - ◇ Less risk for diabetes
 - ◇ Less risk for cancers of the breasts and ovaries



Yanping and her son who was four months old.
Photo by: Pan Yan-hong

5.2 Some facts on breastfeeding

1. WHO recommends

WHO recommends exclusive breastfeeding for the first six months of life. At six months, solid foods, such as mashed fruits and vegetables, should be introduced to complement breastfeeding for up to two years or more. In addition:

- ✧ Breastfeeding should begin within one hour of birth.
- ✧ Breastfeeding should be "on demand", as often as the child wants day and night; and.
- ✧ Bottles or pacifiers should be avoided.

2. Health benefits for infants

Breast milk is the ideal food for newborns and infants. It gives infants all the nutrients they need for healthy development. It is safe and contains antibodies that help protect infants from common childhood illnesses such as diarrhoea and pneumonia, the two primary causes of child mortality worldwide. Breast milk is readily available and affordable, which helps to ensure that infants get adequate nutrition.

3. Benefits for mothers

Breastfeeding also benefits mothers. Exclusive breastfeeding is associated with a natural (though not fail-safe) method of birth control (98% protection in the first six months after birth). It reduces risks of breast and ovarian cancer, type II diabetes, and postpartum depression.

4. Long-term benefits for children

Beyond the immediate benefits for children, breastfeeding contributes to a lifetime of good health. Adolescents and adults who were breastfed as babies are less likely to be overweight or obese. They are less likely to have type-II diabetes and perform better in intelligence tests.

5. Why not infant formula?

Infant formula does not contain the antibodies found in breast milk. The long-term benefits of breastfeeding for mothers and children cannot be replicated with infant formula. When infant formula is not properly prepared, there are risks arising from the use of unsafe water and unsterilized equipment or the potential presence of bacteria in powdered formula. Malnutrition can result from over-diluting formula to "stretch" supplies. While frequent feeding maintains breast milk supply, if formula is used but becomes unavailable, a return to breastfeeding may not be an option due to diminished breast milk production.

6. HIV and breastfeeding

An HIV-infected mother can pass the infection to her infant during pregnancy, delivery and through breastfeeding. However, antiretroviral (ARV) drugs given to either the mother or HIV-exposed infant reduces the risk of transmission. Together, breastfeeding and ARVs have the potential to significantly improve infants' chances of surviving while remaining HIV uninfected. WHO recommends that when HIV-infected mothers breastfeed, they should receive ARVs and follow WHO guidance for infant feeding.

7. The next step: phasing in solid foods

To meet the growing needs of babies at six months of age, mashed solid foods should be introduced as a complement to continued breastfeeding. Foods for the baby can be specially prepared or modified from family meals. WHO notes that:

- ✧ Breastfeeding should not be decreased when starting on solids.
- ✧ Food should be given with a spoon or cup, not in a bottle.
- ✧ Food should be clean and safe; and.
- ✧ Ample time is needed for young children to learn to eat solid foods.

Source: WHO

<http://www.who.int/features/factfiles/breastfeeding/facts/en/>

5.3 Comparison on nutrients in breast milk and infant formula

The benefits of breast milk:

- ✧ It provides adequate energy and nutrients for baby's growth in first six months.
- ✧ Its nutrients are natural sources.
- ✧ It is easier to be digested and absorbed.
- ✧ It contains a lot of antibodies, and thus increase the body resistance against infections and minimize allergic reactions.

Here is the comparison of 5 main nutrients, including protein, carbohydrate, fat, vitamins and minerals:

Protein (Function: The basic building materials of body tissues.)

Components	Breast milk	Infant formula
Whey	Larger proportion - Efficiently to be digested & absorbed (Whey-dominant)	Smaller proportion
Casein	Smaller proportion	Larger proportion - Difficult to be digested and absorbed (Casein-dominant which produces hard-to-digest curds)
α - lactalbumin	Larger proportion	Smaller proportion
β - lactoglobulin	Smaller proportion	Larger proportion
Immunoglobulins	✓	✗
Lactoferrin	✓	✗
Lysozyme	✓	✗
Colostrum	✓	✗

- ✧ Protein: Consists of many amino acids.
- ✧ α -lactalbumin: Facilitates the absorption of minerals, and includes abundant essential amino acids for growth.
- ✧ Immunoglobulins: Protects the infants from intestinal and respiratory pathogens.
- ✧ Lactoferrin: Helps on iron absorption and has anti-inflammatory and immunomodulatory effects.
- ✧ Lysozyme: Has immunomodulatory functions.

Carbohydrate (Function: Provide energy to the body and brain.)

Components	Breast milk	Infant formula
Lactose	✓	✓
Glucose	✗	✓
Maltose	✗	✓
Amylase	✓	✗

- ✧ Lactose: The main component of breast milk and infant formula; Contributes in calcium absorption.

Vitamins and Minerals (Function: Promote and regulate the growth and body functions.)

Components	Breast milk	Infant formula
Vitamins	Vitamin A	✓
	Vitamin C	✓
	Vitamin D	✓
	Vitamin K	✓
Minerals	Calcium	✓
	Iron	✓
	Zinc	✓

- ✧ Vitamins and minerals in breastmilk are very bioavailable and are absorbed more efficiently than those in infant formula.
- ✧ They are either in highly available forms or there are binding proteins in the milk that facilitate their uptake from the intestine.

* There is no evidence that it offers as beneficial and functional as breast milk while these nutrients are added to fortified milk for infants.

Fat (Function: Provides energy)

Components	Breast milk	Infant formula
Linoleic acid (LA)	✓	Fortified*
Linolenic acid (ALA)	✓	Fortified*
Arachidonic acid (AA)	✓	Fortified*
Docosahexaenoic acid (DHA)	✓	Fortified*
Lipase	✓	✗

✧ Fat: Is made up of various type of fatty acids.

✧ LA, ALA, AA and DHA: Are essential fatty acids and important for the development of brain and eye.

✧ Lipase: Preforms in digestion and absorption of fat.

Other components

Components	Breast milk	Infant formula
Growth factors	✓	✗
Hormones	✓	✗
Anti-infective factors	✓	✗
Antibodies	✓	✗

✧ Growth factors and hormones: Exert a local effect on the gastrointestinal tract or influence the development of other organs.

* There is no evidence that it offers as beneficial and functional as breast milk while these nutrients are added to fortified milk for infants.

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5.4 10 steps to successful breastfeeding (Baby Friendly Hospital Initiative)

In 1989, the WHO and UNICEF jointly published a declaration named "Protecting, Promoting and Supporting Breastfeeding: the Special Roles of Maternal Facilities". The contents included "10 Steps to Successful Breastfeeding". This was based on the WHO and UNICEF Baby-Friendly Hospital Initiative and covered the basic and indispensable measures that maternity facilities needed to take in support of breastfeeding. This was also what ALL maternity and newborn care services need to provide.

Below is the comparison of the 10 Steps of the WHO/UNICEF and the Chinese Government.

	WHO/UNICEF, 1989	Chinese Government in 2014, through the "Notification of Baby-Friendly Review Work"
1	Have a written breastfeeding policy that is routinely communicated to all health care staff.	Formulate relevant provisions on the protection of infant health and safety, and promptly communicated to all health care workers.
2	Train all health care staff in skills necessary to implement this policy.	Provide all medical and nursing staff with the necessary training on management and skills.
3	Inform all pregnant women about the benefits and management of breastfeeding.	Tell all the pregnant women and mothers the benefits of breastfeeding and the methods.
4	Help mothers initiate breastfeeding within half an hour of birth.	Help mothers initiate breastfeeding within one hour of birth.

	WHO/UNICEF, 1989	Chinese Government in 2014, through the " Notification of Baby-Friendly Review Work "
5	Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.	Guide all the mothers how to breastfeed, as well as to maintain good milk secretion.
6	Give newborn infants no food or drink other than breast milk, unless medically indicated.	Other than breastmilk, prohibit the feeding of any types of food or drink to newborns, unless medically indicated.
7	Practise rooming-in - that is, allow mothers and infants to remain together - 24 hours a day.	Implement 24-hour rooming-in.
8	Encourage breastfeeding on demand.	Encourage breastfeeding on demand.
9	Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.	Do not give breastfed infants artificial teats or pacifiers to suck.
10	Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.	Promote the establishment of breastfeeding support organization, and refer mothers to these organizations on discharge, and provide follow-up services.

Adaptations and revisions made by the Chinese Government in 2014, through the "Notification of Baby-Friendly Review Work".

5.5 International code of marketing of breastmilk substitutes (Baby Friendly Hospital Initiative)

The " International Code of Marketing of Breastmilk Substitutes " was developed by the WHO and UNICEF in 1981 in order to protect breastfeeding. The aim of this Code is to contribute to the provision of safe and adequate nutrition for infants, by the protection and promotion of breastfeeding, and by ensuring the proper use of breastmilk substitutes, when these are necessary, on the basis of adequate information and through appropriate marketing and distribution. Some of the basic rules set out by the Code to regulate harmful marketing practices are:

- ✧ No advertising of breastmilk substitutes, feeding bottles and teats.
- ✧ No free samples to mothers.
- ✧ No promotion of products in or through healthcare facilities.
- ✧ No company personnel to contact mothers.
- ✧ No gifts or personal samples to health workers. Health workers should never pass samples on to mothers.
- ✧ Labels should be in an appropriate language and have no words or pictures idealizing artificial feeding e.g. pictures of infants on the labels.
- ✧ All information on artificial infant feeding should clearly explain the benefits of breastfeeding, warn of the costs and hazards associated with artificial feeding.
- ✧ Manufacturers and distributors should comply with the Code (and all subsequent WHA resolutions) even if governments have not acted to implement it.

Background

The World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) have for many years emphasized the importance of maintaining the practice of breastfeeding as a way to improve the health and nutrition of infants and young children. Efforts to promote breastfeeding and to overcome problems that might discourage it are a part of the overall nutrition and maternal and child health programmes of both organizations.

The 27th World Health Assembly (WHA), in 1974, noted the general decline in breastfeeding in many parts of the world, related to sociocultural and other factors including the promotion of manufactured breastmilk substitutes, and urged " Member countries to review sales promotion activities on baby foods to introduce appropriate remedial measures, including advertisement codes and legislation where necessary ".

The issue was taken up again by the 31st WHA in May 1978. Among its recommendations were that Member States should give priority to preventing malnutrition in infants and young children by supporting and promoting breastfeeding, taking legislative and social action to facilitate breastfeeding by working mothers, and regulating inappropriate sales promotion of infant foods that can be used to replace breast milk.

Governments, non-governmental organizations, professional associations, scientists, and manufacturers of infant foods have also called for action to be taken on a world scale as one step towards improving the health of infants and young children.

In the latter part of 1978, WHO and UNICEF announced their intention of organizing jointly a meeting on infant and young child feeding, within their existing programmes, to try to make the most effective use of this groundswell of opinion.

The 33rd WHA, in May 1980, endorsed in their entirety the statement and recommendations agreed by consensus at this joint WHO/UNICEF meeting and made particular mention of the recommendation that "there should be an international code of marketing of infant formula and other products used as breast-milk substitutes".

To develop an international code of marketing of breastmilk substitutes in accordance with the WHA's request, numerous and lengthy consultations were held with all interested parties. Member States of the WHO and groups and individuals who had been represented at the October 1979 meeting were requested to comment on successive drafts of the code, and further meetings were held in 1980.

In January 1981, the Executive Board of the WHO at its 67th session, considered the fourth draft of the code, endorsed it, and unanimously recommended to the 34th WHA the text of a resolution by which it would adopt the code in the form of a recommendation rather than as a regulation. In May 1981, the WHA adopted the code, as proposed, on 21 May by 118 votes in favour to 1 against, with 3 abstentions.

Extracted from: Baby Friendly Hospital Initiative, Hong Kong Association
<http://www.babyfriendly.org.hk/en/the-code/the-international-code/>

Appendix I

List of World Vision China's education and training materials on breastfeeding (in Chinese)

The following materials were produced by Yunnan Provincial Maternal and Child Health Hospital and World Vision China

	Name of material	Use
	Nutrition counseling service manual	
1	Antenatal care and nutritional counseling service manual	For health professionals, in provision of nutrition counseling service
	Dietary records and analysis	
2	Dietary record of pregnant women - 24 hours recall Dietary analysis of pregnant women - 24 hours recall	Use together with "counseling service manual"
	Daily dietary pagoda record form	
3	Daily dietary pagoda record form - for first trimester	Use together with "counseling service manual"
4	Daily dietary pagoda record form - for second and third trimester	Use together with "counseling service manual"
	Pregnant women pictorial booklet	
5	Antenatal care and nutritional counseling service manual - pregnant women booklet • First antenatal examination - A • At least 5 times of antenatal examinations • Discomforts and management during first trimester • Food and drugs to avoid during first trimester	Distribute to pregnant women and family members

6	Antenatal care and nutritional counseling service manual - pregnant women booklet <ul style="list-style-type: none"> • First antenatal examination - B • Weight gain during pregnancy • Folic acid, iron, calcium, iodine 	Distribute to pregnant women and family members
7	Antenatal care and nutritional counseling service manual - pregnant women booklet <ul style="list-style-type: none"> • Second antenatal examination • Discomforts and management during second and third trimesters • Food and drugs to avoid during first trimester 	Distribute to pregnant women and family members
8	Antenatal care and nutritional counseling service manual - pregnant women booklet <ul style="list-style-type: none"> • Third antenatal examination • Exclusive breastfeeding for the first 6 months • Proper positioning in breastfeeding 	Distribute to pregnant women and family members
9	Antenatal care and nutritional counseling service manual - pregnant women booklet <ul style="list-style-type: none"> • Fourth antenatal examination • Monitoring fetal health • Exclusive breastfeeding for the first 6 months • Proper positioning in breastfeeding 	Distribute to pregnant women and family members
10	Antenatal care and nutritional counseling service manual - pregnant women booklet <ul style="list-style-type: none"> • Fifth antenatal examination • Preparation before labor • Exclusive breastfeeding for the first 6 months • Proper positioning in breastfeeding 	Distribute to pregnant women and family members
11	Explaining pregnant booklets (DVD, Mandarin, 20 mins)	Use with pregnant women booklets
Posters		
12	Balanced diet for pregnant women	For pregnant women
13	Dietary pagoda for pregnant and breastfeeding women	For pregnant and breastfeeding women

The following materials were produced by World Vision

	Audiovisual Materials	Use
14	Breastfeeding Kit for Health Professionals (VCD, Sept 2015 Chinese version and in Mandarin)	For health care leaders and health care workers in maternity facilities; can be used for training all hospital staff in Baby Friendly Hospital Initiative Original version in English, World Vision China obtained authorization for dubbing
15	The First 1000 Days (Chinese version, in Mandarin)	For pregnant women, their family members, other women and community members Produced by World Vision International (for use in Child Health Now Campaign)
16	Breast Is Best (VCD, 30 mins) (in 6 local language or dialects - Mandarin, Hani, Yi, Miao, Lisu, Linxia)	For pregnant women, their family members, other women and community members Original version in English, World Vision China obtained right for dubbing
17	Breastfeeding - the Essentials (VCD, 15 mins, Mandarin)	For pregnant women, their family members, other women and community members Original version in English, World Vision China obtained right for dubbing
18	Explaining pregnant woman pictorial booklets (VCD, Mandarin, 25 mins)	For pregnant women, their family members, other women and community members Produced by World Vision China
19	Breastfeeding - questions and answers (VCD, Mandarin, 20 mins)	For pregnant women, their family members, other women and community members Produced by World Vision China

**愿每一个孩子，活出丰盛；
求每一颗心灵，矢志达成。**

Our vision for every child, life in all its fullness.
Our prayer for every heart, the will to make it so.



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