

## How to Exclusively Breastfeed

### SUBTITLES

00:02-00:05 - How to Exclusively Breastfeed

00:08- 00:12 - We are visiting the village of Dan Gado in Gidan Roudmji, Maradi region.

00:13- 00: 29 - We are visiting two families where we will see and learn how to tackle daily problems women encounter during exclusive breastfeeding.

01:33- 01:38 - Zaru, you are still exclusively breastfeeding this baby for 6 months although we do not have the means.

01:39- 01: 43 - and you want to continue exclusively breastfeeding this baby for 6 months without giving the baby water?

01:44 -01: 47- Exclusive breastfeeding is not just for the well to do people.

01: 48- 01:55 - Each and every mother has sufficient breast milk as long as she breastfeeds her baby exclusively and regularly.

01:59 -02:03 - *Do all mothers have enough breast milk to breastfeed their babies?*

02:08 -02:14 - *Yes, as long as the baby is being breastfed regularly, the mother's breast milk increases.*

02:30- 02:32 - Peace be with you! Peace be with you too Zara!

02:38 -02:40 - Sit please. So you are on your way to see me? Yes.

02:41- 02:46 - Good morning Zara. How are you? I am good and you? I am fine too.

02:47-02: 49 - Where is your baby? It is here.

02:54-03: 06 - Aicha, I don't have enough breast milk and have no time to breastfeed my baby due to my work load. How do you manage to breastfeed yours?

03:09 -03:12 - I personally have enough time to breastfeed my child whenever need arises.

03:13- 03:16 - Because I am not overloaded with work.

03:17- 03:19 - Other family members, like my mother-in-law and children, help me in reducing the work load for me.

03:20- 03:27 - I have enough breast milk, my husband provides me enough food, vegetables and fruits.

03:27- 03: 31 - I always have sufficient breast milk to breastfeed my baby until the baby is satisfied.

03:34- 03:39 - Mom, dad said I should bring you watermelon and water. Okay. Place it down.

03:41-03:45 - Thank you Rayya, I will share with my friend Zaru.

03:48- 03: 56 - I don't know how to explain to my husband to help reduce workload for me so that I will have enough time to breastfeed my baby.

**03:58- 04:02 - Let's go meet the community health worker so that you go meet your husband together.**

**04:03 -04:08 - She will explain carefully to your husband the need for him to help reduce workload for you so that you will be able to have sufficient time to properly breastfeed your baby.**

**04:10 -04: 15 - *What condition is important for an exclusively breastfeeding mother?***

**04:20- 04:24 - *Other family members should help an exclusively breastfeeding mother.***

**04:41 -04:44 - Peace be with you! Peace be with you too! Sit down please.**

**05:02- 05 04 - Since you are sitting now, you can breastfeed your babies.**

**05:05- 05: 08 - No, we can't breastfeed our children now because we walked in the sun and our bodies are warm.**

**05:09- 05:14 - That is not true, breast milk does not change temperature in any climatic condition.**

**05:17- 05:22 - As we have discussed that breast milk does not spoil, can a pregnant mother continue breastfeeding?**

**05:23- 05:32 - In the message of first 1000 days, even if a mother becomes pregnant while breastfeeding, she should continue breastfeeding until the baby reaches 2 years of life.**

**05:34- 05:39 - We have received a message on exclusive breastfeeding and reducing workload for lactating mothers.**

**05:40- 05:44 - Can you help go together with me to share this message with my husband?**

**05:45- 05:47 - Is your husband home? Yes, he is home.**

**05:50- 05:53 - *Can mother's breast milk spoil?***

**05:58-06:04 - *Mother's breast milk never spoils, it neither turns hot nor cold.***

**06:19- 06:21 - Mr. Abdou , are you having a rest? Yes.**

**06:30-06:35 - Good morning. Morning. How are you? I am good and you? How is work? Work is good.**

**06:39-06: 45 - Can you please give some time to discuss with you and your mother?**

**06:49-06:55 - Yes, I have time. Thank you Mr. Abdou for giving us the opportunity to discuss exclusive breastfeeding with you.**

**06:56- 07:01 - and also for discussing ways to reduce workload for your exclusively breastfeeding wife.**

**07:02- 07: 05 - I am grateful to the community health worker.**

**07:06-07:14 - I have now understood that exclusively breastfeeding mothers need support and help.**

**07:16-07: 20 - It is a miracle, all mothers have enough breast milk**

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**07:21-07: 26 - as long as they regularly breastfeed their babies. Mother's milk does not spoil.**

**07:27- 07:31 - My mother and I will help and support my breastfeeding wife.**

**07:32-07:35 - To allow her get enough time to breastfeed her baby.**

**07:32- 07: 21 - This way, I will have a healthy, smart and intelligent child.**

**07:42- 07: 45 - THANKS**

- ✓ **Amina Mahamane**
- ✓ **Haladou Issa**
- ✓ **Tchima Issa**
- ✓ **Aichatou Nouhou**
- ✓ **Zara Mahamne**
- ✓ **Abdou Issoufou**

**07:46- 07:47 –EDITORS**

- **ISSOUFOU ADAMOU**
- **DIGITAL GREEN/SPRING**
- 

**07:47-07:48- STORY, CAMERA, LIGHT**

- **Ibrahim Abdou**
- **Sahara Hassan**
- **Issoufou Adamou**

**07:49- 07:50- LOCATION**

**Dan Gado, Maradi**

**Niger Republic**

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**07:55- 08:01 - This video was produced by SPRING/ DIGITAL GREEN project Niger**

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**REGIS-ER,SAWKI, LAHIA**

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