



Ahmed is four months old. His birth weight was 2,800 gm. He was admitted to AEI when he was one month and six days old.

Ahmed is the first child and his parents live within an extended family in one room. The father and the mother are educated but none has a proper job. The father works irregularly for \$260 a month.

The mother came to AEI because she was worried as she was encountering problems in breast feeding Ahmed.

A complete assessment of mothers' knowledge regarding breast feeding was conducted at the breast feeding promotion unit by the breast feeding counsellor. It was found that her nipples are inverted. Therefore, Ahmed couldn't catch the nipples. The baby suffered from abdominal distension due to reliance on artificial milk formula and also had intestinal parasites. His weight was 3.300grs and his height 53 cms.

Ahmed's mother was provided with information regarding advantages of breastfeeding on child and mother's health, risks of artificial and bottle feeding. She was helped to well position her baby on her breast. At the beginning Ahmad refused to take the breast; he couldn't catch the nipple. The mother was taught how to squeeze the milk and to give it by syringe to her baby. Sucking from a bottle feeding is different from sucking of the breast, this makes the babies confused and progressively they refuse to suck from their mother's breast.

The same day, Ahmed's mother attended awareness session with other mothers of infants 0-6 months old. She received health education material to read at home to complete her information on breastfeeding. Metronidazole was prescribed by an AEI doctor to treat Ahmed's intestinal parasites.

At follow-up visit one week later, the mothers succeed in re-lactating Ahmad. The Mother was squeezing her milk and giving it by syringe to her baby. Ahmed was on exclusive breastfeeding and his weight increase to 3 600grs. Counselling and monitoring of breast feeding was done. The nurse helped the mother to well position her baby on her breast. By the next visit (09-10-08), the baby was exclusive breastfeeding 9 times/day and 3times/night, he was able to catch the nipple and was well positioned and attached. Ahmed was discharged from AEI on 06-11-08. His weight was 5.900grs and his height 60 cms.

Ahmed's mother was advised to continue exclusive breastfeeding until age of six months and to try to continue until Ahmed is 2 years old.

The mother reflected her improved knowledge on feeding Ahmad, she determined to continue the breastfeeding, she feels proud that she can breastfeed her baby. She

decided to be a member of breastfeeding support groups in order to give information to her family members and neighbours and help other women to successfully breastfeeding their babies.