

Community Health Workers Shared Their Insights from Breastfeeding Training 2024/25

The trained community health workers shared their learning from the breastfeeding training they received.

The training was very educational for me, especially the one for HIV. I will take this for myself and also for the community we are supporting.

I learnt the importance of breastfeeding, we must encourage pregnant mothers to give baby breastmilk.

I learnt how to teach a mother to breastfeed a new baby. Moreso breastfeeding is readily available and cost effective.

I learnt many things that I did not understand before. I learnt that HIV-positive mothers can breastfeed up to 2 years of the baby. I am gonna spread the word in the community as I work as a CHW. I will help them understand that breastfeeding is better than formula milk.

I learn a lot. I shall educate my daughter and community with confidence on how to breastfeed her baby and guide her to continue breastfeeding up to two years. Also, I want to improve my work with my Team.



I learnt about how it is important to breastfeed and how it contributes to healthy babies and also it helps the mother to reduce excessive bleeding after delivery. I can do the right thing in the community by providing correct breastfeeding information to mothers.

I have learned about the correct way of breastfeeding attachment and advise struggling moms who cannot exclusively breastfeed. Also, to help HIV-infected moms that EBF for 6 months is safe. Provided that the breast has no nipple crack. I will also help her to take her medication as prescribed by the clinic. Also no to impose my ideas but follow the guidelines of EBF.

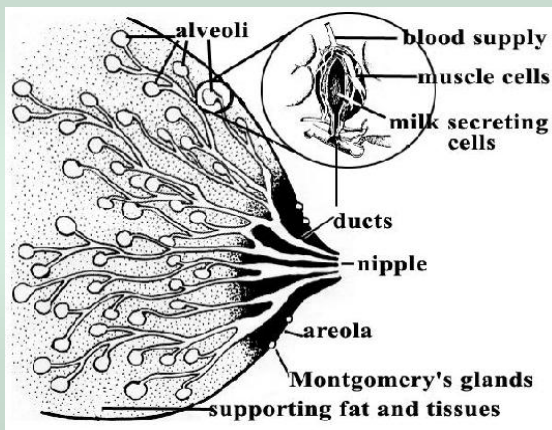
I now know about the dos and don'ts of breastfeeding. I can give health talks to our community and our teenage pregnant girls and I will empathise with the situation of my patients.



The policy of breastfeeding at work is notable. I now know more information about breastfeeding in HIV and the importance of exclusive breastfeeding. I can try to establish a breastfeeding support group for young and teenage mothers.

I learnt that the first milk after birth which I used to think is dirty milk, is good for the baby, and how to position the baby for breastfeeding. So now when I go to the community I have more information to give out about breastfeeding.

I have more knowledge on the breastmilk component, how to position, and how to be a better counsellor since we deal with people.



I have learned that the name Prevention of Mother-to-Child Transmission (PMTCT) has changed to Vertical Transmission Prevention (VTP). I will use the knowledge in my workplace, communities, family and friends that breastmilk is very important and is so beneficial.

I now know it is important to breastfeed the child and that it is healthy for the child and the mother. It makes the child grow in the mind and makes the child bond with the mother.

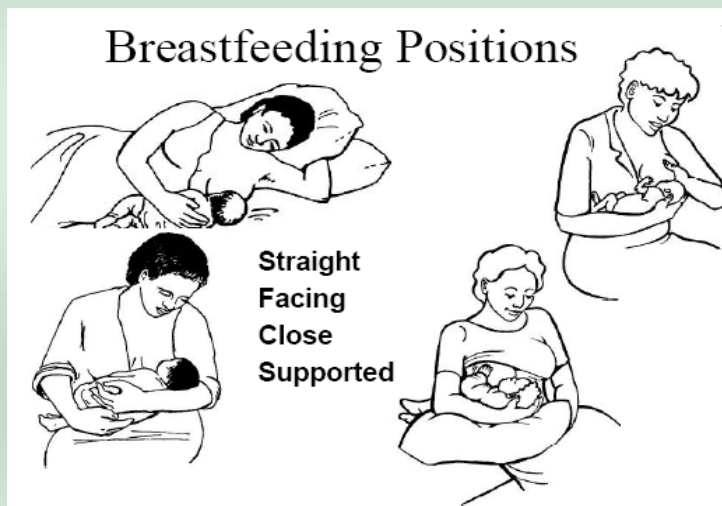
I now understand that breastfeeding is extensive and interesting. I am empowered to promote breastfeeding with more understanding than before.

I have learned a lot especially the importance of breastfeeding and the skin to skin. What I can do is to promote and educate the community.

I am happy about the knowledge and skills I now have regarding breastfeeding. I will provide the information at communities and family churches.

Most of the things we didn't know about but now we know and have more knowledge about breastfeeding. Now I am going to contribute this information to the young mother we are visiting at home visits.

I have learned more about breastfeeding positioning, and its importance. I am going to encourage young women to breastfeed. Even the baby formula is too expensive.



I got a brighter idea of how to support a woman who is breastfeeding. I can now share with a woman who is breastfeeding how to do it the correct and easy way.

I learnt that breastfeeding is very important and breastmilk has everything in it. I can go out to the community and teach women about the importance of breastfeeding and how to do it correctly.