

Well Being Africa

DG
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Photo News

March 2024 to February 2025

SOLIDARITY FOR
AFRICAN WOMEN'S RIGHTS

A force for freedom



MOUVEMENT DE SOLIDARITÉ
POUR LES DROITS
DES FEMMES AFRICAINES

Une force pour la liberté

Appreciation

WBA expresses appreciation to the DG Murray Trust, the Nelson Mandela Children Fund (NMCF), SoftwareOne, and The Solidarity for African Women's Rights (SOAWR) for supporting WBA's projects in 2024/2025



Well Being Africa empowers Community Health Workers (CHWs) with breastfeeding knowledge and skills in a 3-day training.





Why Breastfeed?

Breastfeeding plays important roles in the survival and development of the child, birth spacing, the mother's health, the environment, and the nation's economy.

Benefits for the child



Immune Boosting Superpower:

Antibodies found in mother's milk are a powerful defense against infections and illnesses. It fortifies the immune system of your child.

Tailor-Made Nutrition:

Breastmilk is the perfect food for your baby from birth to six months. Babies only need breastmilk – no water, no food. Breastmilk contains water, carbohydrates, fats, proteins, vitamins, minerals, antibodies, and many substances that offer the perfect balance, and changes as your child grows.



Emotional Bonding:



More than providing nutrition, breastfeeding fosters a strong emotional bond between you and your child. The skin-to-skin contact, eye contact, and shared moments that occur during breastfeeding are beneficial to the development of your child.

Benefits for the mom



Postpartum Healing:

Helps in the recovery process after childbirth.

Weight Loss:

Burns extra calories, helping you lose pregnancy weight.



Reduced Stress:

Releases oxytocin, promoting relaxation.

Natural Birth Control:

Exclusive breastfeeding can delay the return of fertility. Exclusive breastfeeding and your menses must not yet return in the first 6 months and you should make sure you breastfeed at night also.



Difficulties and Remedies

Nipple soreness (Painful Nipples): Inspect the position and latch of the baby. Apply breastmilk and air dry. Keep bra clean and dry. Be careful in using oils and creams on the breast.

Engorgement (when the breast is too full, hard, tight, and painful): Apply a warm compress, express, and frequently breastfeed.

Low Milk Supply (Not enough milk): Feed on demand, about every 3 hours (8 to 12 times in 24 hours) day and night. The more milk baby drinks the more milk you will produce.

Mastitis (Swelling of the breast that can be due to an infection often after nipples were damaged): Take it easy, stay hydrated, and consult a doctor or health worker.

Other Tips

- Breastfeed your baby on demand.
- Rest and drink a lot of water.
- Keep baby skin:skin to make sure baby drinks often.
- Avoid stress.
- If you have fever for more than 24 hours, go to the clinic.

Note

Breastfeeding can be challenging, however, you are not alone. Seek advice and support from the clinic, support group such as the WBA's breastfeeding support groups, La Leche league and lactation consultants.

Our Services

→ Home Visits:

Our field workers are available for personalized consultations in the comfort of your home.

→ Lactation Consultation:

Personalized advice and support from certified lactation consultants.

→ Breastfeeding Support Groups:

Join other mothers in your community, to share experiences, build support networks, learn more about breastfeeding techniques, and overcome challenges.

- Woodlane Clinic BF support group,
- Melusi Health Post BF support group
- MYDO BF support group
- Dasport clinic BF support group
- Zama-Zama clinic BF support group

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www.wellbeingafrica.co.za



admin@wellbeingafrica.co.za



**Well Being Africa's
Breastfeeding
Support**

Your Guide to
Breastfeeding Bliss

Breastfeeding support for mothers has numerous benefits for the child, the mom, and the nation at large.

SoftwareOne South Africa donated 3 refurbished laptops with accessories to WBA.



WBA joined the 6 GIMAC recsmeeting



#6GIMACRECSMEETING



**OF COURSE
I WILL BE
THERE!**

13-15 JULY 2024

Accra, Ghana

"I can do things you cannot, you can do things I cannot; together we can do great things." — Mother Teresa.

#6gimacrecsmeeting



CELEBRATING 21 YEARS OF
AFRICAN WOMEN'S RIGHTS



MOUVEMENT DE SOLIDARITÉ
POUR LES DROITS
DES FEMMES AFRICAINES

Join us to celebrate

BUILDING FUTURES, HONOURING LEGACIES

21 YEARS OF AFRICAN WOMEN'S INHERITANCE RIGHTS



#MaputoAt21

Building Futures,
Honouring
Legacies:
21 Years of
African Women's
Inheritance
Rights

[#MaputoAt21](#)



WIDA
WELL BEING AFRICA
WIDA
Optimising the human existence

The theme for 2024 is Closing the gap: Breastfeeding support for all.



WABA | WORLD BREASTFEEDING WEEK 2024



Empowering the communities through the Maputo Protocol and celebrating the 20 years of the Solidarity for African Women's Rights (SOAWR)





🌻 Well Being Africa empowers the Community of Melusi with breastfeeding knowledge and skills to positively impact the lives of mothers and their little ones 🌻

WBA Hosted Special Partner Visitors from Kenya 🤝

We were thrilled to welcome our valued partners to our office in Silverton, Pretoria



WBA attended the Grow Great Stunting Summit 2024, a pivotal event uniting key stakeholders in the fight against stunting and malnutrition in South Africa.



The Breastfeeding (BF) Team at Melusi on

ation

Breastfeeding support training of CHWs in Mamelodi





Community
growth
monitoring
and
promotion at
Plot 55,
Pretoria
West.





WBA's donor representative visited a breastfeeding support group supported by WBA in an informal settlement in Pretoria



WBA empowers the Community of Zamazama with breastfeeding knowledge and skills

16 Days of Activism 2024 – 30 years of Advancing Collective Action to end Violence Against Women and Children

“30 Years of Advancing Collective Action to End Violence Against Women and Children”

WBA joins the team of Brooklyn clinic,
Bushbuckridge, Mpumalanga to support
activism against GBV

let's unite to end gender-based
violence and create a safer, fairer
world for all. ❤️

🇿🇦 Take Action Today:

- Raise awareness by sharing facts, stories, and resources.
- Support survivors by amplifying their voices.
- Advocate for laws and policies that protect human rights.

Together, we can break the cycle
of violence. Every voice counts.
Every action matters. 🙌



Community growth monitoring initiatives in Bushbuckridge communities

Community growth monitoring initiative in Bushbuckridge communities



A session at the breastfeeding support training for CHWs



A session at WBA's breastfeeding support training for CHWs



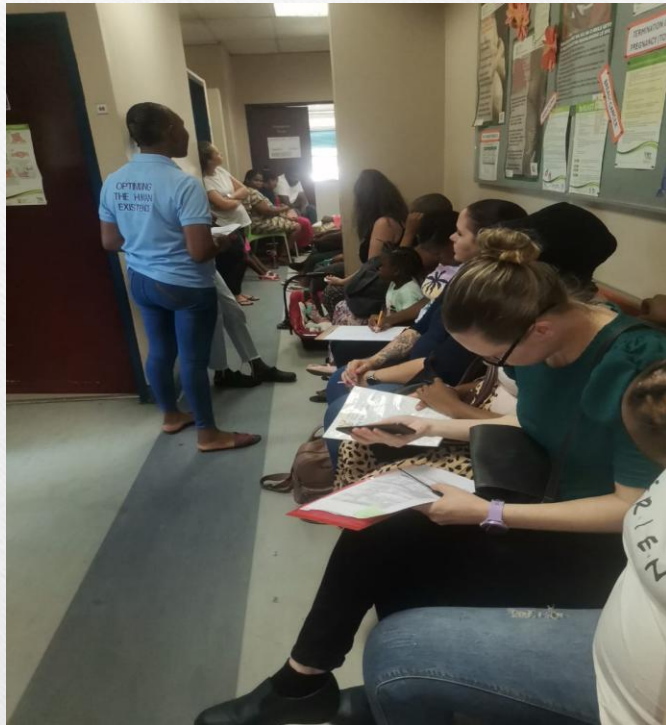
A group photo at the breastfeeding support training for CHWs



Breastfeeding support groups at Melusi



Breastfeeding education sessions at a Clinic in Pretoria West



Acknowledgements

- The DG Murray Trust, the NMCF and EN-SOAWR are gratefully acknowledged for funding the Breastfeeding support project, the Child Health and Development project, and the Empowering Communities through the Maputo Protocol project.

The following are gratefully acknowledged:

- SoftwareOne SA for donating 3 computers for our use.
- The Mpumalanga Department of Health for the partnership through an MOU to support child health and development in the Bushbuckridge communities.
- The management and staff of Daspoort Polyclinic for continued partnership in breastfeeding support.
- The management of the Tshwane District Health for partnership in training their community health workers.
- The WBA team in Tshwane and Mpumalanga for their hard work and dedication.