



Takeaway: M6 S22 Mother Support

Key Messages:

- **Maternal support should be offered to all mothers:** the breastfeeding and the non-breastfeeding mothers
- A **systematic medical treatment is given to all lactating woman (LW):** Multiple Micronutrient tablets or Iron/acid Folic, Calcium for adolescents (or for all mothers in some contexts) and tetanus + diphtheria vaccinations (as per national protocol)
- Non-breastfeeding mothers are also vaccinated for tetanus + diphtheria
- If the mother has a **MUAC < 230 mm and/or** is an **adolescent** (<19 years old), a **malnutrition treatment** should be started.
- In case of **mild or moderate anaemia** (haemoglobin < 11 or 10 mg/dl respectively), treat the mothers for iron deficiency anaemia with a therapeutic dose of iron: **1 MMN tablet and 1 or 2 Fearful / day.**

- Ensure **maternal counselling and support** for all mothers:
 - Provide balanced meals with minimum requirements (the breastfed mothers should receive 400-500 extra kcal/day)
 - Encourage the mother to drink at least 3 litres of water / day and more if the weather is hot.
 - Adolescent mothers need extra care, more food and more rest than an older mother (need to nourish their own bodies, which are still growing, as well as their growing infant's)
 - Encourage **rest**
 - Encourage all mothers to use **kangaroo mother care method** to prevent hypothermia, stimulate breastfeeding and bonding
 - Encourage the lactating mother to put the **infant to the breast** at least 20 minutes about one hour before the milk feeding
 - Provide **maternal counselling and support** regarding:
 - Good attachment/positioning
 - Maternal concerns (lacks confidence to breastfeed, her technique to breastfeed her infant...)
 - Breast milk expression and cup feeding
- Supplementary Suckling technique to help mother re-lactate or improve their milk production.