



■ Women are allowed to breastfeed anywhere at the Langa clinic as long as they feel comfortable.



■ Langa clinic manager sister, Liziwe Tapani, has encouraged women to breastfeed and eat healthy for the better development of their children.



■ City health officials were part of the launch of Breastfeeding Week at the Langa clinic on Friday August 17.

Women taught importance of breastfeeding

PHIRI CAWE

Langa clinic has encouraged mothers not to be ashamed of breastfeeding their babies at the clinic.

The clinic launched Breastfeeding Week on Friday August 17.

This was after World Breastfeeding Week was marked from August 1 to 7. The theme for 2018 is Breastfeeding: Foundation of Life.

Speaking at the event, the facility manager, Sister Liziwe Tapani, said mothers should be supported to breastfeed in safety and encourage the bonding process between them and their babies.

“At the Langa clinic we believe

that breastfeeding is natural. They can breastfeed any time and anywhere for as long they feel comfortable.

“But those who are not comfortable, we have a space for them,” she said.

Agreeing with others who spoke, Sister Tapani said the first 1 000 days are very important in a child’s development.

She urged mothers and those who are pregnant to eat healthily for the sake of the child.

“We encourage our mothers to breastfeed and eat well.

“Here we also have support groups that we formed so that mothers can be together and speak one language. We want them to

assist each other and educate each other,” she said.

Head of City health’s personal primary healthcare, Sister Melissa Stanley, also urged mothers to make themselves comfortable when breastfeeding.

She said malnutrition, food insecurity and poverty affects millions of people worldwide and stands in the way of sustainable development.

She said breastfeeding is a universal solution that levels out the playing field, granting every child a fair start in life and lays the foundation for good health and the survival of women and children.

“A child’s health is most vulnerable during the first 1 000 days of

its life. This period, from conception until a child’s second birthday, offers a unique window of opportunity to shape healthier and more prosperous futures.

“We encourage fathers to help the mothers when they are breastfeeding.

“Fathers can at least wash dishes and help with other chores. Give her that time to breastfeed,” said Sister Stanley.

She said breastfeeding also improves long-term health and decreases the risk of non-communicable diseases, including childhood asthma and obesity.

She said it could reduce the chance of diabetes and heart diseases later in life.

“Make yourself comfortable to breastfeed the child. The longer duration of breastfeeding protects maternal health and helps reduce the risk of breast and ovarian cancer,” said Sister Stanley.

She said City health has embarked on a drive to improve the environment at facilities where women can breastfeed their infants freely in breastfeeding corners.

Expanded Public Works Programme workers are trained and mentored to become counsellors to support all mothers with infant feeding practices.

She said City health was launching the breastfeeding initiative at all clinics and community day centres on the day, not only in Langa.