Parents rejoice at the birth of a child. They can help their children get the right start by following the Ghana Health Services recommendations.

- Breastfeeding should be initiated within 30 minutes of delivery.
- No foods or liquids, including water, should be given to the infant before breast milk comes in.
- Exclusive breastfeeding to 6 months. This means give only breast milk; no water, other liquids, or foods.
- All mothers shall be supported to exclusively breastfeed.

Among Upper Manya infants 0 to 6 months of age, how many are exclusively breastfeeding?

<table>
<thead>
<tr>
<th>Age in months</th>
<th>Exclusively Breastfed</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1</td>
<td>95</td>
</tr>
<tr>
<td>1-1.9</td>
<td>87</td>
</tr>
<tr>
<td>2-2.9</td>
<td>79</td>
</tr>
<tr>
<td>3-3.9</td>
<td>68</td>
</tr>
<tr>
<td>4-4.9</td>
<td>51</td>
</tr>
<tr>
<td>5-5.9</td>
<td>35</td>
</tr>
</tbody>
</table>

How does exclusive breastfeeding change with age in Upper Manya?


**NEWS FROM THE FIELD**

- Are boys less likely than girls to be exclusively breastfed?
  
  **No**, 37% of boys and 41% of girls are exclusively breastfed.

- Are mothers who are traders less likely than mothers who are not traders to exclusively breastfeed?
  
  **No**, 64% of mothers who are traders and 72% of mothers who are not traders exclusively breastfeed.

- Are mothers in urban areas less likely than mothers who live in rural areas to exclusively breastfeed?
  
  **No**, 71% of mothers living in urban areas and 69% of mothers living in rural areas exclusively breastfeed.

Data source: Baseline Infant Cohort Survey, 2013

**PROJECT ACTIVITIES**

The *Nutrition Links* Project is delivering training and refresher sessions for community nurses, health promotion assistants, and health volunteers to improve their nutrition and child feeding knowledge and their growth monitoring skills that are used in community health clinics throughout the district.

**How many people have been trained?**

- 60 Community nurses
- 10 Health promotion assistants
- 70 Health volunteers

The Project is funded by the Government of Canada, through Foreign Affairs, Trade and Development Canada.

For more information, please contact:

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Photos were provided by Project staff and students.