THE INDIA LAW TO PROTECT BREASTFEEDING

The Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992

No. 41 of 1992

(29th December, 1992)
An Act to provide for the regulation of production, supply and distribution of infant milk substitutes, feeding bottles and infant foods with a view to the protection and promotion of Breastfeeding and ensuring the proper use of infant foods and for matters connected therewith or incidental thereto.

Be it enacted by Parliament in the Forty-third Year of the Republic of India as follows: -

1. (1) This Act may be called the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992.

2. It extends to the whole of India.

3. It shall come into force on such date as the Central Government may, by notification in the Official Gazette, appoint.

2. In this Act, unless the context otherwise requires, -

(a). "advertisement" includes any notice, circular, label, wrapper and other documents and also includes any visible representation or announcement made by means of any light, sound, smoke or gas;

(b). "container" means a box, bottle, casket, tin, can, barrel, case, tube, receptacle, sack, wrapper or other thing in which any infant milk substitute, feeding bottle or infant food is placed or packed for sale or distribution;

(c). "feeding bottle" means any bottle or receptacle used for the purpose of feeding infant milk substitutes, and includes a teat and a valve attached or capable of being attached to such bottle or receptacle;

(d). "health care system" means an institution or organisation engaged, either directly or indirectly, in health care for mothers, infants or pregnant women, and includes a health worker in private practice, but does not include a pharmacy or drug store;

(e). "health worker" means a person engaged in health care for mothers, infants or pregnant women;

(f). "infant food" means any food (by whatever name called) being marketed or otherwise represented as a complement to mother's milk to meet the growing nutritional needs of the infant after the age of four months;
(g). "infant milk substitute" means any food being marketed or otherwise represented as a partial or total replacement for mother's milk, whether or not it is suitable for such replacement;

(h). "label" means a display of written, marked, stamped, printed or graphed matter affixed to, or appearing upon, any container;

(i). "prescribed" means prescribed by rules made under this Act.

(2) Any reference in this Act to any other enactment or any provision thereof, shall, in relation to an area in which such enactment or such provision is not in force, be construed as a reference to the corresponding law or the relevant provision of the corresponding law, if any, in force in that area.

3. No person shall –

   a. advertise, or take part in the publication of any advertisement, for the distribution, sale or supply of infant milk substitutes or feeding bottles; or
   b. give an impression or create a belief in any manner that feeding of infant milk substitutes is equivalent to, or better than, mother's milk; or
   c. take part in the promotion of use or sale of infant milk substitutes or feeding bottles or infant foods otherwise than in accordance with the provisions of this Act.

4. No person shall -

   a. supply or distribute samples of infant milk substitutes or feeding bottles or gifts of utensils or other articles; or
   b. contact any pregnant woman or the mother of an infant; or
   c. offer inducement of any other kind,

for the purpose of promoting the use or sale of infant milk substitutes or feeding bottles.

5. Subject to the provisions of sub-section (4) of section 8, no person shall donate or distribute –

   a. infant milk substitutes or feeding bottles to any other person except to an orphanage;
   b. any informational or educational equipment or material relating to infant milk substitutes or feeding bottles:

Provided that nothing in this clause shall apply to the donation or distribution, subject to such conditions and restrictions as may be prescribed, of such equipment or material through the health care system.

6. (1) Without prejudice to the provisions of the Prevention of Food Adulteration Act, 1954 and the rules made thereunder, no person shall produce, supply or distribute any infant milk substitute or infant food unless every container thereof or any label affixed thereto indicates in a clear, conspicuous and in an easily readable and understandable manner, the words "important notice" in capital letters in such language as may be prescribed and indicating thereunder the following particulars in the same language, namely:-

   a. a statement "mother's milk is best for your baby" in capital letters;
b. a statement that infant milk substitute or infant food should be used only on the advice of a health worker as to the need for its use and the proper method of its use;
c. a warning that infant milk substitute or infant food is not the sole source of nourishment of an infant;
d. the instructions for its appropriate preparation and a warning against the health hazards of its inappropriate preparation;
e. the ingredients used;
f. the composition or analysis;
g. the storage conditions required;
h. the batch number, date of its manufacture and the date before which it is to be consumed, taking into account the climatic and storage conditions of the country;
i. such other particulars as may be prescribed.

(2) No container or label referred to in sub-section (1) relating to infant milk substitute shall –

a. have pictures of an infant or a woman or both; or
b. have pictures or other graphic material or phrases designed to increase the saleability of infant milk substitutes; or
c. use on it the word "humanised" or "maternalised" or any other similar word; or
d. bear on it such other particulars as may be prescribed.

7. (1) Every educational or other material, whether audio or visual, dealing with pre-natal or post-natal care or with the feeding of an infant and intended to reach pregnant women or mothers of infants shall include clear information relating to –

a. the benefits and superiority of Breastfeeding;
b. the preparation for, and the continuance of, Breastfeeding;
c. the harmful effects on breast-feeding due to the partial adoption of bottle feeding;
d. the difficulties in reverting to Breastfeeding of infants after a period of feeding by infant milk substitute;
e. the financial and social implications in making use of infant milk substitutes and feeding bottles;
f. the health hazards of improper use of infant milk substitutes and feeding bottles;
g. such other matters as may be prescribed.

(2) No material referred to in sub-section (1) shall be utilised to promote the use or sale of infant milk substitutes or feeding bottles.

8. (1) No person shall use any health care system for the display of placards or posters relating to, or for the distribution of, materials for the purpose of promoting the use or sale of infant milk substitutes or feeding bottles or infant foods:

Provided that the provisions of this sub-section shall not apply to –

a. the donation or distribution of informational or educational equipment or material made in accordance with the provision to clause (b) of section 5; and
b. the dissemination of information to a health worker about the scientific and factual matters relating to the use of infant milk substitutes or feeding bottles or infant foods along with the information specified in sub-section (1) of section 7.
(2) No person who produces, supplies, distributes or sells infant milk substitutes or feeding bottles or infant foods shall make any payment to any person who works in the health care system for the purpose of promoting the use or sale of such substitutes or bottles or foods.

3. No person, other than a health worker, shall demonstrate feeding with infant milk substitutes or infant foods to a mother of an infant or to any member of her family and such health worker shall also clearly explain to such mother or such other member the hazards of improper use of infant milk substitutes or feeding bottles or infant foods.

4. No person, other than an institution or organisation, engaged in health care for mothers, infants or pregnant women, shall distribute infant milk substitutes or feeding bottles to a mother who cannot resort to Breastfeeding and who cannot afford to purchase infant milk substitutes or feeding bottles.

5. An orphanage may purchase infant milk substitutes or feeding bottles at a price lower than their sale price for the purpose of utilising them in the said orphanage.

Explanation:- For the purposes of this sub-section, such purchases shall not amount to an inducement for promoting the use or sale of infant milk substitutes or feeding bottles.

9. (1) No person who produces, supplies, distributes or sells infant milk substitutes or feeding bottles or infant foods shall offer or give, directly or indirectly, any financial inducements or gifts to a health worker or to any member of his family for the purpose of promoting the use of such substitutes or bottles or foods.

(2) Where such person makes any contribution to, or incurs any expenditure on, a health worker, either directly or indirectly, such person and such health worker shall disclose the same to the institution or organisation to which such health worker is attached.

10. (1) No person who produces, supplies, distributes or sells infant milk substitutes or feeding bottles or infant foods shall fix the remuneration of any of his employees or give any commission to such employees on the basis of the volume of sale of such substitutes or bottles or foods made by such employees.

(2) The employees of such person shall not perform any function which relates to educating a pregnant woman or mother of an infant on pre-natal or post-natal care of the infant.

11. (1) No person shall sell or otherwise distribute any infant milk substitute or infant food unless it conforms to the standards, specified for such substitute or food under the Prevention of Food Adulteration Act, 1954, and the rules made thereunder and the container thereof has the relevant Standard Mark specified by the Bureau of India Standards established under section 3 of the Bureau of Indian Standards Act, 1986 to indicate that the infant milk substitute or infant food conforms to such standards:

Provided that where no standards have been specified for any infant milk substitute or infant food under the Prevention of Food Adulteration Act, 1954, no person shall sell or otherwise distribute such substitute or food unless he has obtained the approval of the Central Government in relation to such substitute or food and the label affixed to the container thereof under the rules made under the Act.

(2) No person shall sell or otherwise distribute any feeding bottle unless it conforms to the Standard Mark specified by the Bureau of Indian Standards referred to in sub-section (1) for feeding bottles and such mark is affixed on its container.

12. (1) Any food inspector appointed under section 9 of the Prevention of Food Adulteration Act 1954 (hereinafter referred to as the food inspector) or any officer not below the rank of a Class I officer authorised in this behalf by the State Government (hereinafter referred to as the authorised officer) may, if he has any reason to believe that any provision of section 6 or section 11 has been or is being contravened, enter and search at any reasonable time any factor, building, business premises or any other place where any trade or commerce in infant milk substitutes or
feeding bottles or infant foods is carried on or such substitutes or bottles or foods are produced, supplied or distributed.

(2) The provisions of the Code of Criminal Procedure, 1973, relating to searches and seizures shall, so far as may be, apply to every search or seizure made under this Act.

13. (1) If any food inspector or authorised officer has reason to believe that in respect of any infant milk substitute or feeding bottle or infant food or container thereof, the provisions of this Act have been or are being contravened, he may seize such substitute or bottle or food or container.

(2) No such substitute or food or bottle or container shall be retained by any food inspector or authorised officer for a period exceeding ninety days from the date of its seizure unless the approval of the District Judge, within the local limits of whose jurisdiction such seizure has been made, has been obtained for such retention.

14. Any infant milk substitute or feeding bottle or infant food or container thereof, in respect of which any provision of this Act has been or is being contravened, shall be liable to confiscation:

Provided that where it is established to the satisfaction of the court adjudging the confiscation that the person in whose possession, power or control any such substitute or bottle or food or container is found is not responsible for the contravention of the provisions of this Act, the court may, instead of making an order for the confiscation of such substitute or bottle or food or container, make such other order authorised by this Act against the person guilty of the breach of the provisions of this Act as it may think fit.

15. (1) Whenever any confiscation is authorised by this Act the court adjudging it may, subject to such conditions as may be specified in the order adjudging the confiscation, give to the owner thereof an option to pay in lieu of confiscation such cost not exceeding the value of the infant milk substitute or feeding bottle or infant food or container thereof in respect of which the confiscation is authorised as the court thinks fit.

(2) On payment of the cost ordered by the court the seized infant milk substitute or feeding bottle or infant food or container shall be returned to the person from whom it was seized on the condition that such person shall, before making any distribution, sale or supply of such substitute or bottle or food or container, give effect to the provisions of this Act.

16. No confiscation made or cost ordered to be paid under this Act shall prevent the infliction of any punishment to which the person affected thereby is liable under the provisions of this Act or under any other law.

17. Any confiscation may be adjudged or costs may be ordered to be paid, -

a. without any limit, by the principal civil court of original jurisdiction within the local limits of whose jurisdiction such confiscation has been made or costs have been ordered to be paid, as the case may be;

b. subject to such limits as may be specified by the Central Government in this behalf, by such other court, not below a civil court having pecuniary jurisdiction exceeding five thousand rupees, as the Central Government may, by notification in the Official Gazette, authorise in this behalf.

18. (1) No order adjudicating confiscation or directing payment of costs shall be made unless the owner of the infant milk substitute or feeding bottle or infant food or container thereof has been given a notice in writing informing him of the grounds on which it is proposed to confiscate such substitute or bottle or food or container and giving him a reasonable opportunity of making a representation in writing, within such reasonable time as may be specified in the notice, against the confiscation and if he so desires, of being heard in the matter:
Provided that where no such notice is given within a period of ninety days from the date of the seizure of the infant milk substitute or feeding bottle or infant food or container thereof, such substitute or bottle or food or container shall be returned after the expiry of that period to the person from whose possession it was seized.

(2) Save as otherwise provided in sub-section (1), the provisions of the Code of Civil Procedure, 1908, shall, so far as may be, apply to every proceeding referred to in sub-section (1).

19. (1) Any person aggrieved by any decision of the court adjudicating a confiscation or ordering the payment of costs may prefer an appeal to the court to which an appeal lies from the decision of such court.

(2) The appellate court may, after giving the appellant an opportunity of being heard, pass such order as it thinks fit confirming, modifying or revising the decision or order appealed against or may send back the case with such directions as it may think fit for a fresh decision or adjudication, as the case may be, after taking additional evidence if necessary:

Provided that an order enhancing any fine in lieu of confiscation or for confiscating goods of greater value shall not be made under this section unless the appellant has had an opportunity of making a representation and if he so desires of being heard in his defence.

3. No further appeal shall lie against the order of the court made under sub-sector (2).

20. (1) Any person who contravenes the provisions of section 3, 4, 5, 7, 8, 9, 10 or sub-section (2) of section 11 shall be punishable with imprisonment for a term which may extend to three years, or with fine which may extend to five thousand rupees, or with both.

(2) Any person who contravenes the provisions of section 6 or sub-sector (1) of section 11 shall be punishable with imprisonment for a term which shall not be less than six months but which may extend to three years and with fine which shall not be less than two thousand rupees:

Provided that the court may, for any adequate and special reasons to be mentioned in the judgement, impose a sentence of imprisonment for 44 Law – 2, a term which shall not be less than three months but which may extend to two years and with fine which shall not be less than one thousand rupees.

21. (1) Save as otherwise provided in section 173 of the Code of Criminal Procedure, 1973, no court shall take cognizance of any offense punishable under this Act except upon a complaint in writing made by –

a. a person authorised in this behalf under sub-section (1) of section 20 of the Prevention of Food Adulteration Act, 1954; or

b. an officer not below the rank of a Class I officer authorised in this behalf, by general or special order, by the Government; or

c. a representative of such voluntary organisation engaged in the field of child welfare and development and child nutrition as the Government may, by notification in the Official Gazette, authorise in this behalf.

(2) Where a complaint has been made by a representative of the voluntary organisation authorised under clause (c) of sub-section (1) and the court has issued a summons or, as the case may be, a warrant under sub-section (1) of section 204 of the Code of Criminal Procedure, 1973, the Assistant Public Prosecutor for that court shall take charge of the case and conduct the prosecution.

22. (1) Where an offense under this Act has been committed by a company, every person who, at the time the offense was committed, was in charge of, and was responsible to, the company for the conduct of the business of the company, as well as the company, shall be deemed to be guilty of the offense and shall be liable to be proceeded against and punished accordingly:
Provided that nothing contained in this sub-section shall render any such person liable to any
punishment, if he proves that the offense was committed without his knowledge or that he had
exercised all due diligence to prevent the commission of such offense.

(2) Notwithstanding anything contained in sub-section (1), where any offense
under this Act has been committed by a company and it is proved that the
offense has been committed with the consent or connivance of, or is attributable
to any neglect on the part of, any director, manager, secretary or other officer of
the company, such director, manager, secretary or other officer shall also be
deemed to be guilty of that offense and shall be liable to be proceeded against
and punished accordingly.

Explanation – For the purposes of this section,

a. "company" means any body corporate and includes a firm or other association of
   individuals; and
b. "director", in relation to a firm, means a partner in the firm.

23. Notwithstanding anything contained in the Code of Criminal Procedure, 1973, an offense
punishable under this Act shall be –

a. Bailable;
b. Cognizable.

24. No suit, prosecution or other legal proceeding shall lie against the Central Government or any
State Government or any officer of the Central Government or of any State Government for
anything which is in good faith done or intended to be done under this Act.

25. The provisions of this Act, or the rules made thereunder shall be in addition to, and not in
derogation of, the Prevention of Food Adulteration Act, 1954, or the rules made thereunder.

26. (1) The Central Government may, by notification in the Official Gazette, make rules to carry
out the provisions of this Act.

   (2) In particular, and without prejudice to the generality of the foregoing power, such rules
   may provide for all or any of the following matters, namely:–

a. the conditions and restrictions subject to which educational equipment and other material
   may be donated or distributed under the provision to clause (b) of section 5;
b. the language in which the notice and other particulars shall be indicated under sub-
   section (1) of section 6;
c. the particulars which are to be indicated under clause (i) of sub-section (1) of section 6;
d. the particulars which a container or label shall not bear under clause (d) of sub-section
   (2) of section 6;
e. the matters to be included in the information which reaches pregnant women or mothers
   of infants under clause (g) of sub-section (1) of section 7;
f. any other matter which is required to be, or may be, prescribed.

   (3) Every rule made under this Act shall be laid, as soon as may be after it is made,
before each House of Parliament, while it is in session, for a total period of thirty days
which may be comprised in one session or in two or more successive sessions, and if,
before the expiry of the session immediately following the session or the successive
sessions aforesaid, both Houses agree in making any modification in the rule or both
Houses agree that the rule should not be made, the rule shall thereafter have effect only
in such modified form or be of no effect, as the case may be; so, however, that any such
modification or annulment shall be without prejudice to the validity of anything previously done under that rule.

Ministry of Human Resource Development
(Department of Women & Child Development)

Notifications
New Delhi, the 31st July, 1993

G.S.R. 527(E) – In exercise of the powers conferred by sub-section (3) of section 1 of the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992 (41 of 1992), the Central Government hereby appoints the first day of August, 1993 as the date of which the said Act shall come into force.

[No.F-12-1/93-NT]
Meenaxi Anand Chaudhry, Jt.Secy.

New Delhi, the 31st July, 1993

G.S.R. 528(E) In exercise of the powers conferred by sub-section (1) of section 26 of the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992 (41 of 1992), the Central Government hereby makes the following rules, namely:-

1. Short title and commencement – (1) These rules may be called the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Rules, 1993.


2. Definitions – (1) In these rules, unless the context otherwise requires –


b. "Authorised officer" means an officer not below the rank of a Class I (Group A or whatever name called) officer of the Government duly authorised by the State Government under section 12;

c. "Food inspector" means a person appointed by the Government as such under sector 9 of the Prevention of Food Adulteration Act, 1954 (37 of 1954);

d. "Section" means a section of the Act.

2. Words and expressions used in these rules and not defined but defined in the Act shall have the respective meanings assigned to them in the Act.

3. Local limits of jurisdiction of food inspectors. – The local limits of jurisdiction of food inspectors shall be the same as are assigned to them under the Prevention of Food Adulteration Act, 1954 (37 of 1954).

4. Authorised officers – (1) No officer of the Government shall be authorised by the State Government under section 12 unless he is -
a. A medical officer in charge of health administration of a local area; or
b. A graduate in medicine and has received at least one month's training in food inspection under the Prevention of Food Adulteration Act, 1954 (37 of 1954) by the Central Government or a State Government.

(2) The State Government may, by notification in the Official Gazette, define the local limits of jurisdiction of authorised officers.

5. Conditions and restrictions for donations and distribution of infant milk substitutes, feeding bottles or equipment's and materials relating to them through health care system. – No institution, organisation or health worker in private practice, engaged in health care for mothers, infants or pregnant women, shall donate or distribute any educational or other informational or communication aids relating to infant milk substitutes or feeding bottles without complying with the following conditions and restrictions, namely: -

a. The done should be informed in writing on –

   (i) The need for promoting Breastfeeding;

i. The nutritional superiority of mother's milk;
ii. The benefits of Breastmilk, that is to say that Breastmilk is –

   A. The best natural food for infants;
   B. Always clean;
   C. Protects the infant from infection and diseases;
   D. Available always;
   E. Requires no special preparation;

i. That Breastfeeding helps parents to space their children.
ii. The danger of microbial contaminations involved in bottle feeding.

a. Informational or educational equipment or material relating to infant milk substitutes or feeding bottles should be donated or distributed only in case it is found necessary for healthy growth of the infant by a medical practitioner.

6. Language of the notice and other particulars of declaration. – (1) No person shall produce, supply or distribute any infant milk substitute or infant food unless the container thereof or any label affixed thereto indicates in a clear, conspicuous and in an easily readable and understandable manner the words "IMPORTANT NOTICE", in capital letters in English and its equivalent in Hindi in Devnagri script:

Provided that nothing herein contained shall prevent the use of any local language in addition to the language required to be used under this sub-rule.

(2) The particulars of declaration to be specified on the label under the Prevention of Food Adulteration Act, 1954 (37 of 1954) and the rules made thereunder shall be in English or in Hindi in Devnagri script:

Provided that nothing herein contained shall prevent the use of any language in addition to the language required to be used under this sub-rule.

7. Particulars of labelling of infant foods. – In addition to the requirements specified by or under the Prevention of Food Adulteration Act, 1954 and under section 6 of the Act, the label or the container of every infant milk substitute or infant food or their advertisements shall conform to the following, namely:-

a. The types of letters used shall not be less than 5 millimetres in size.
b. The colour of the text printed or used shall be different from that of the background of the label, container or the advertisement, as the case may be.
c. The text of the particulars shall be prominent and conspicuous in the central panel of the label, container or the advertisement.
d. It shall indicate –
   
   (i) That an infant milk substitute or an infant milk food should be prepared appropriately and hygienically besides taking adequate care in cleaning of utensils, bottles and teats.
   (ii) A warning against health hazards of inappropriate preparation as under:-

   "Infant milk substitutes/Infant foods
   "Warning/caution – Careful and hygienic preparation of infant food is most essential for health. Do not use fewer scoops than directed, since diluted feeding will not provide adequate nutrients needed by your infant. Do not use more scoops than directed since concentrated feed will not provide the water needed by your infant."

i. The approximate composition of nutrients per 100 grams of product including its energy value in calories.

ii. The storage conditions specifically stating "Store in cool and dry place in an airtight container" or the like.

iii. The feeding chart and direction for use and instruction for discarding left over feed, the batch number and date of manufacture.

iv. Instructions for use of measuring scoop (level or heaped) and the quantity per scoop.

v. The prescribed period by which the infant milk substitutes or the infant foods, as the case may be is to be consumed.

vi. The Protein Efficiency Ratio (PER) which shall be minimum of 2.5 if the product other than the infant milk substitutes and infant foods is claimed to have high quality protein.

8. Particulars which a label, container or an advertisement should not contain – Without prejudice to the requirements under the Prevention of Food Adulteration Act, 1954 (37 of 1954) and the rules made thereunder, the following restrictions on use of words in any language on the label container or advertisement, as the case may be, shall be applicable:-

a. The label, container or advertisement shall not contain any reference to the Act or these rules or any comment on, or reference, to or explanation of any particulars or declaration required by the Act or any of these rules to be included in the label which directly or by implication, contradicts, qualifies or modifies such particulars or declaration.

b. No words implying "recommended by the medical profession" or any words which imply or suggest that the food is recommended, prescribed or approved by medical practitioners shall be used in a label, container or advertisement.

c. The label, container or advertisement shall not contain the terms "Humanised" or "Maternalised" or any other similar expressions in any language.

d. No label, container or advertisement of infant food shall exhibit the words "Full Protein Food", "Energy Food", "Complete Food" or "Health Food" or any other similar expressions in any language.

9. Details of information intended to reach pregnant women or mothers of infants through education or other material. – (1) Every educational or other material, whether audio or visual,
dealing with pre-natal or post-natal care or with the feeding of an infant and intended to reach pregnant women and mothers of infants shall, besides the information specified in clauses (a) to (f) of sub-section (1) of section 7 shall include:

a. The following details of advantages, as also nutritional superiority of Breastfeeding:

   (i) Immediately after delivery, Breastmilkis yellowish and sticky. This milk is called colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neonatal infections. It also contains higher levels of Vitamin 'A'.

   i. Breastmilk –

      A. Is a complete and balanced food and provides all the nutrients needed by the infant in the first few months of its birth;
      B. Has anti-infective properties that protect the infants from Infection in the early months;
      C. Is always available;
      D. Needs no utensils or water (which might carry germs) or fuel for its preparation;

   ii. Breastfeeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;

   iii. Mothers who breast feed usually have longer periods of infertility after child birth than non-lactators.

      a. details of management of Breastfeeding as under:-

         (i) Breastfeeding -

            A. Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
            B. Is successful when the infant suckles frequently and the mother wanting to breastfeed is confident in her ability to do so;
            C. In order to promote and support Breastfeeding the mother's natural desire to breast feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives.

1. Adequate care for the breast and nipples should be taken during pregnancy.
2. It is also necessary to put the infant to the breast as soon as possible after delivery.
3. Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in hospital, this is called "rooming-in").
4. Give the infant colostrum as it is rich in many nutrients and anti-infective factors protecting the infants from infections during the few days of its birth.
5. The practice of discarding colostrum and giving sugar water, honey water, butter or other concoctions instead of colostrum should be very strongly discouraged.
6. Let the infants suckle on demand.
7. Every effort should be made to breastfeed the infants whenever they cry.
8. Mother should keep her body and clothes and that of the infant always neat and clean.

[No.F.12-1/93-NT]
MEENKASHI ANAND CHAUDHRY, Jt.Secy.