

## **INTRODUCTION**

Breast milk provides many health benefits for the baby. When babies are exclusively breastfed, these benefits are highest. Overall there is less illness requiring health care among exclusively breast fed babies. Exclusive breast feeding provides the best infant nutrition and growth with continued growth, other foods begin at six months (*UNICEF/WHO, 1993*).

The most common reason women give for stopping breast feeding or for giving supplements is because they think that they don't have enough milk (*Bedinghaus. & Melnikow, 1992*).

Insufficient milk supply (IMS) is a complex phenomenon that has not been adequately investigated. Insufficient milk supply is a major reason reported by mothers for early termination of breast feeding in both developed and developing countries (*Hill & Aldag, 1991*).

Relactation means Re-establishing adequate milk production in a mother who has a greatly reduced milk production or has stopped breast feeding (*UNICEF/WHO, 1993*).