



BREASTFEEDING CAN SAVE LIVES

WORLD BREASTFEEDING WEEK IS FROM 1 TO 7 AUGUST. THIS MONTH, WE LOOK AT HOW BREASTFEEDING IMPROVES THE HEALTH OF MOTHERS AND BABIES.

According to the World Health Organisation (WHO), breastfeeding promotes better health for mothers and children alike.

The organisation estimates that about 800 000 lives could be saved every year, if more children were breastfed.

What are the benefits for mothers?

Breastfeeding decreases the risk of mothers developing:

- | | |
|--------------------------|-------------------------|
| 1 Breast cancer | 2 Ovarian cancer |
| 3 Type 2 diabetes | 4 Heart disease |








The WHO estimates that increased breastfeeding could prevent 20 000 maternal deaths each year due to breast cancer.



When should mothers breastfeed?

The WHO recommends that mothers breastfeed within the first hour of birth until a baby is six months old. Then, other nutritious foods should be added to the child's diet while mothers continue to breastfeed for up to two years or beyond.

What are the benefits for the baby?

-  It supplies all the necessary nutrients in the proper proportions.
-  It protects against allergies, sickness, and obesity.
-  It protects against diseases, like diabetes and cancer.
-  It protects against infections, like ear infections.
-  It is easily digested – there is no constipation, diarrhea or upset stomach.
-  Babies have healthier weights as they grow.
-  Breastfed babies score higher on IQ tests.



Support in the workplace

The World Health Organisation and UNICEF **promote the importance of family-friendly policies** to enable breastfeeding and help parents nurture and bond with their children in early life, when it matters most.

Taking maternity leave is important because:

- It supports a mother's choice to breastfeed
- A mother is able to exclusively breastfeed
- It supports the bond between children and parents

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Remember!

For more information, support and advice feel free to reach out to us on:

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