

Breastfeeding

WHY IT MATTERS

EXCLUSIVE BREASTFEEDING FOR THE FIRST 6 MONTHS PROVIDES THE **PERFECT NUTRITION** FOR BABIES. AROUND 6 MONTHS, INTRODUCING **COMPLEMENTARY FOODS** WILL PROVIDE BABIES SUFFICIENT ENERGY AND NUTRIENTS NEEDED TO SUPPORT HEALTHY GROWTH.

BREASTFEEDING CAN HELP **PREVENT LIFE-THREATENING ILLNESSES** LIKE DIARRHEA AND RESPIRATORY INFECTIONS.

BREASTFEEDING CAN **PROTECT AGAINST NON-COMMUNICABLE DISEASES** LIKE OBESITY, ALLERGIES, AND DIABETES.

BREASTFED BABIES HAVE A **LOWER RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS)**.

MOTHERS WHO BREASTFEED HAVE **LOWER RISK OF SOME CANCERS**. BREASTFEEDING CAN ALSO HELP **PROTECT AGAINST POSTNATAL DEPRESSION**.

BREASTFEEDING TIPS

LEARN BABY'S SIGNS AND **FEED ON CUE**

FEED **DIRECTLY AT THE BREAST** WHENEVER POSSIBLE AND AVOID PACIFIERS UNLESS BREASTFEEDING IS WELL ESTABLISHED

FIND A **COMFORTABLE POSITION** AND ENSURE A **GOOD LATCH**

STAY **HYDRATED**, EAT A **HEALTHY DIET**, GET PLENTY OF **REST**

BE CONFIDENT IN YOURSELF AND PROUD OF GIVING YOUR BABY A GREAT START IN LIFE!

FIND SUPPORT AND ASK FOR HELP WHEN YOU NEED IT. STUDY STAFF ARE ALWAYS AVAILABLE.