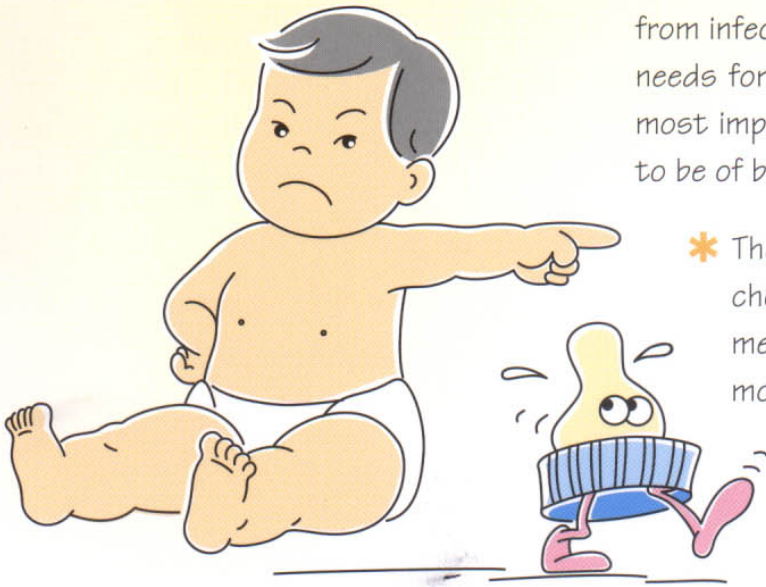


Breastfeeding is the Healthiest Way to Feed a Baby

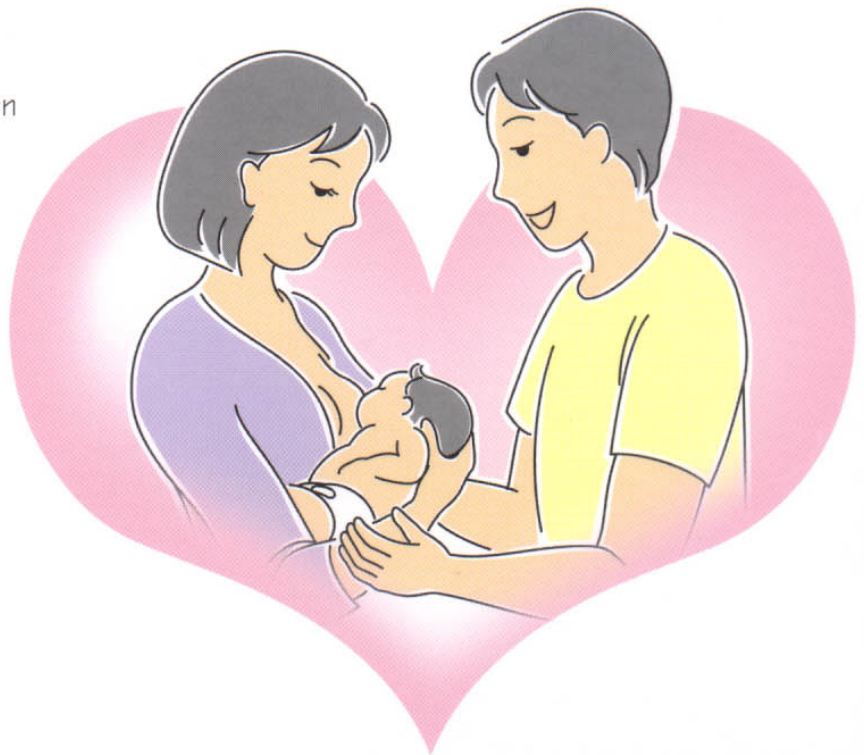
* Breastmilk is a dynamic living fluid, which contains antibodies & living immune cells to protect a baby from infection. It contains all the nutrients a baby needs for the first six months of life, remains the most important food in the first year, & continues to be of benefit beyond this age.



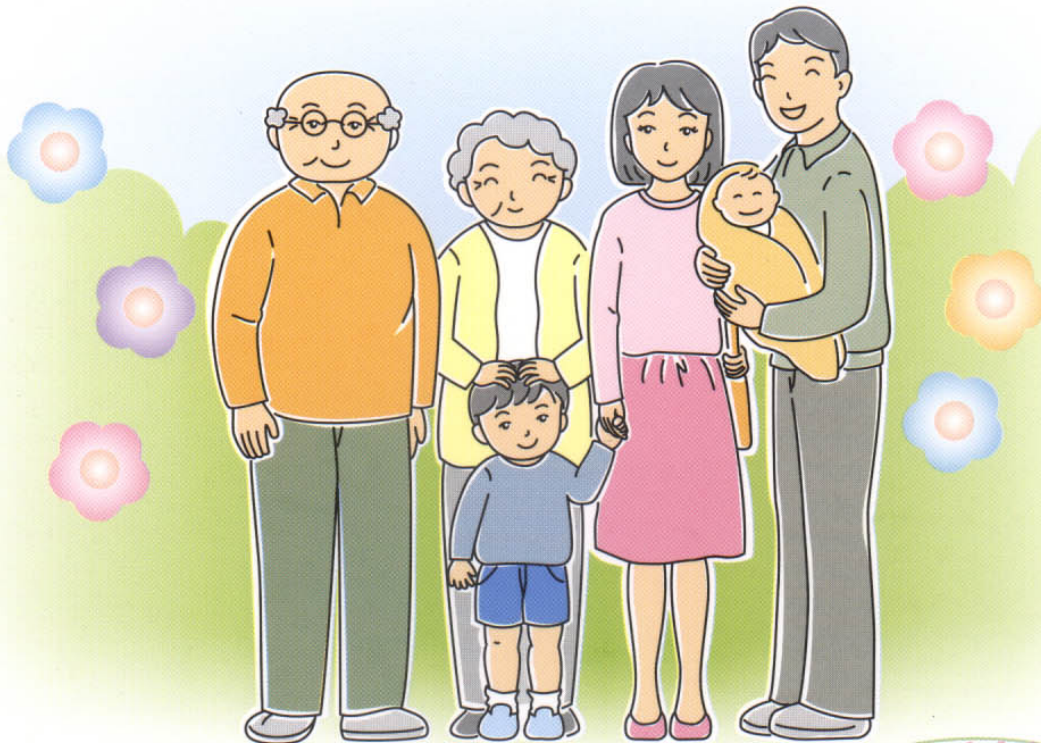
* The decision to breastfeed is an excellent choice, which is important to the physical, mental & emotional health of the baby and mother.

Your Approval, Support & Help are Crucial for
the Mother to Breastfeed Successfully!

- * Studies have shown that women are more likely to breastfeed if approved & supported by their partner.
- * Fathers can show their support by actively getting involved in baby care. (i.e. bathing, nappy changing, cuddling etc.)



- * Other family members can help the mother breastfeed successfully and take enough rest, by helping her with the household chores as required.



Breastfeeding contributes to the well being of families in the following ways

- * Less inconvenience or stress, and less chance of taking time off to care for a sick child.
- * Less financial burden for families.
- * Long term health benefits for infant and mother.

Breastfeeding is a short-term investment for long-term benefits!

Your total support to the nursing mother & baby makes breastfeeding a happy family affair!

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