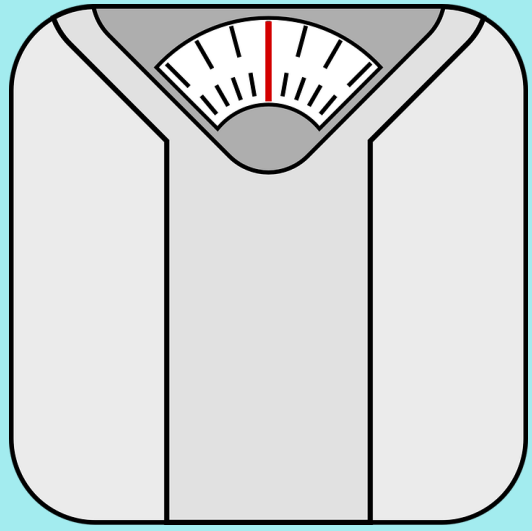


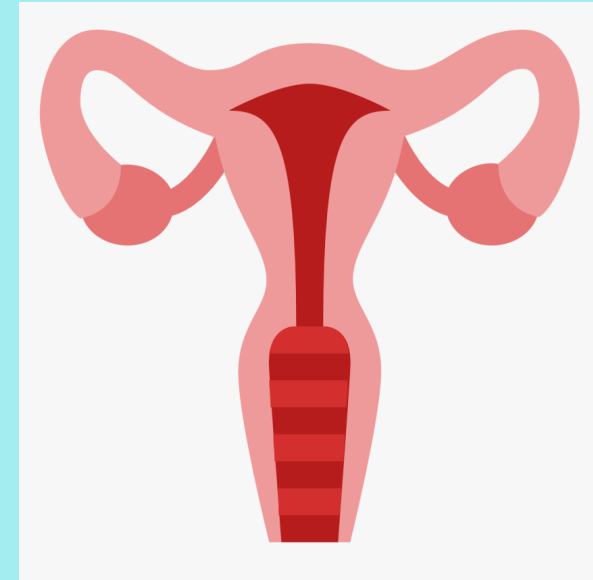
Benefits of Breastfeeding

FOR THE MOTHER

World Breastfeeding Week- 1-7 August 2020



Helps to reduce body fat.



Restores uterine size and reduces post partum bleeding.



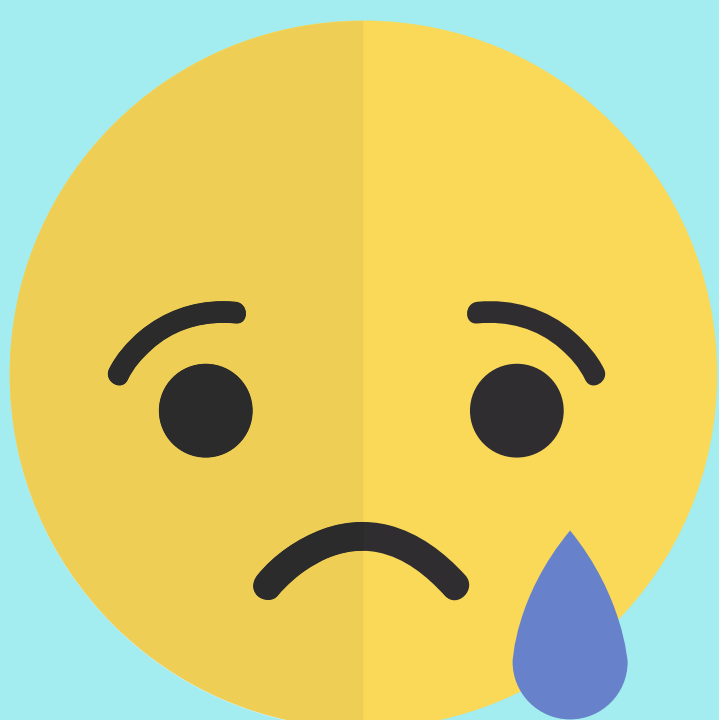
Reduces chances of breast cancer.



Helps to bond with the baby



Acts as a natural contraceptive



Reduces the chances of postpartum depression



Is cost effective & eco-friendly

Girija Damle

MSc SD II- (Pediatric Nutrition)

Benefits of Breastfeeding

FOR THE **BABY**

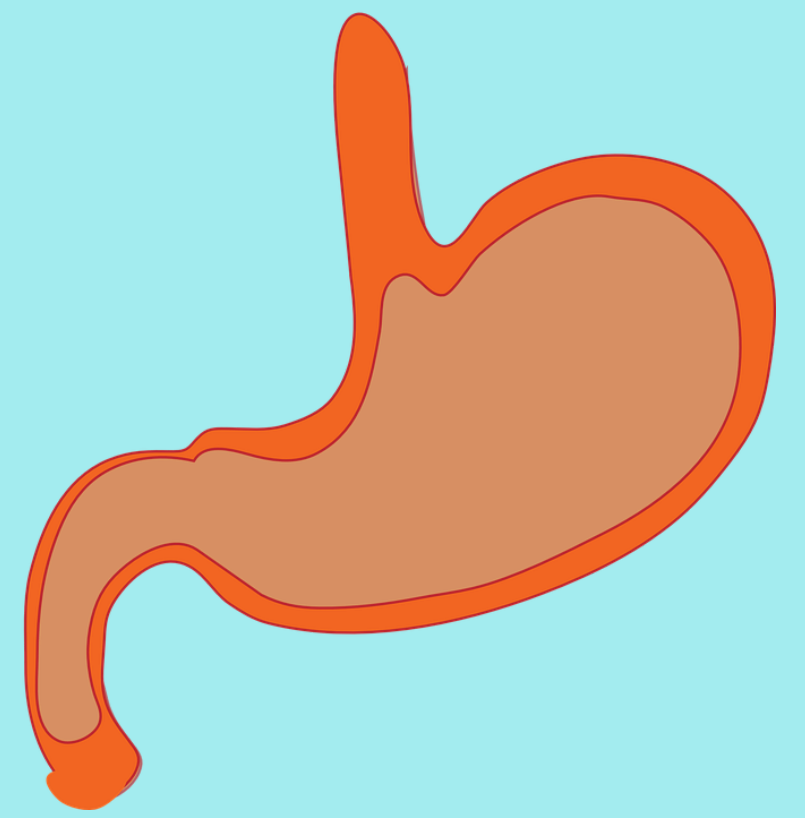
World Breastfeeding Week- 1-7 August 2020



It is customised food for the baby.



It is hygienic and safe.



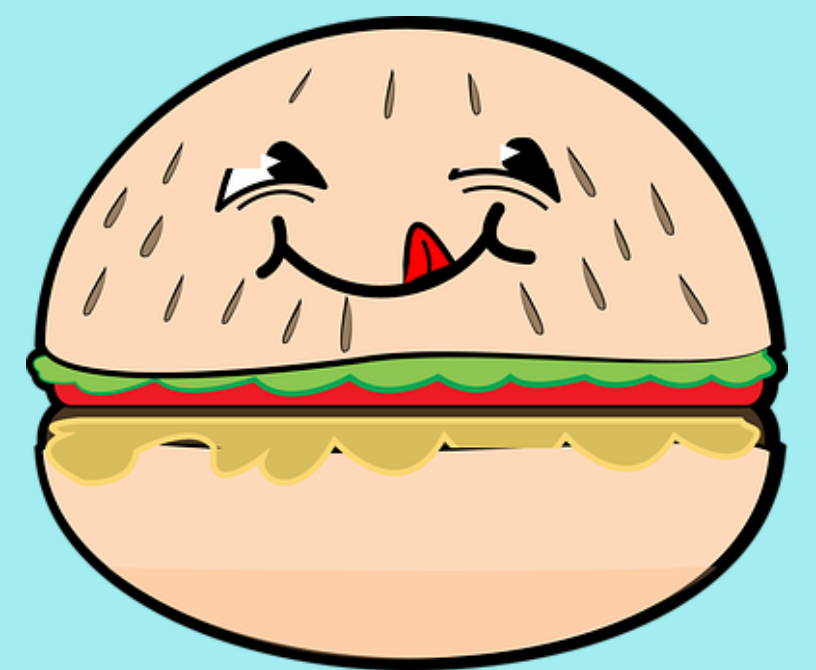
Is easy to digest.



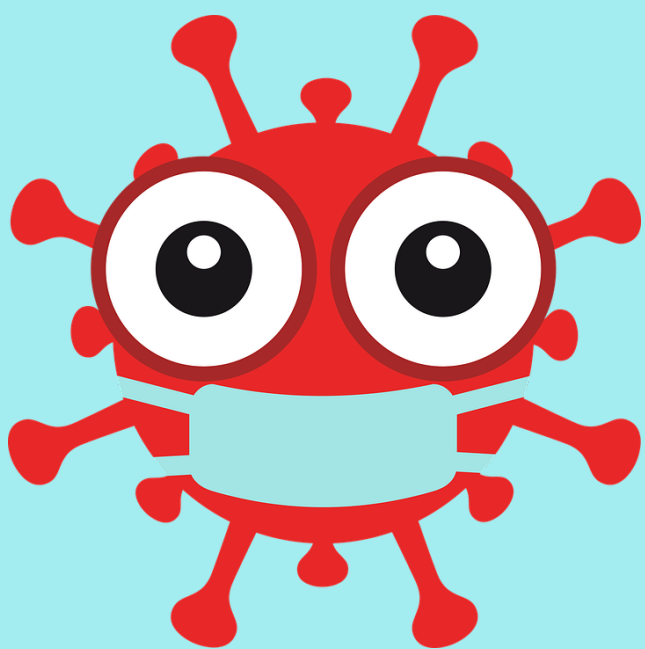
Reduces risk for, infections allergies & asthma.



Breastfed babies are smarter



Breastfeeding reduces the risk of obesity and lifestyle disorders.



Breast milk (especially clostrum) is the first immunization for the baby.



Promotes growth of healthy gut bacteria.

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