

WORLD BREASTFEEDING WEEK 2013

“Breastfeeding support: Close to mothers”



- Breastfeed your baby within the first hour after birth.
- Exclusively breastfeed your baby for the first six months.
- Introduce appropriate foods at 6 months and continue breastfeeding until two years and beyond.
- Join or form a breastfeeding support group to share best practices in breastfeeding.

