



CHAITANYA DEGREE & PG COLLEGE FOR WOMEN

AFFILIATED TO ANDHRA UNIVERSITY

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DEPARTMENT OF BIOCHEMISTRY

WORLD BREAST FEEDING WEEK

BREASTFEEDING:

Breastfeeding is one of the most effective ways to ensure child health and survival. Contrary to WHO recommendations, fewer than half of infants less than 6 months old are exclusively breast fed. Breast milk is the ideal food for infants. Breastfeeding can help protect babies against some short -and long term illness and diseases. Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS) .Breastfed babies are also less likely to have ear infections and stomach bugs. Breast milk shares antibodies from the mother with her baby, these antibodies help babies develop a strong immune system and protect them from various diseases babies develop a strong immune system and protect from various diseases.

THEME:

World Breastfeeding Week theme for 2022 is "Step Up for Breastfeeding: Educate and Support".

The theme is aimed at encouraging breastfeeding as it is a very important thing and plays a very important role in the early development of a baby.

During World Breastfeeding Week, events are organized to spread awareness regarding the benefits of breastfeeding and educate people about the advantages of breastfeeding.

ACTIVITY:

Students created awareness among their neighbourhood about breast feeding.



- First month (after the first week)-2-3 ounces per feeding
- Second and third month -about 3 ounces per feeding
- Third and fourth month -3-4 ounces per feeding
- Fifth month going forward -4-5ounces per feeding Breast feeding can reduce the mother's risk of breast and ovarian cancer ,type 2 diabetes, and high blood pressure. Breast feeding has health benefits for the mother too!



**-SUPPORT BREAST
FEEDING FOR A
HEALTHIER PLANET-**

Usually breast milk is given directly from the breast. It is also pumped, stored and offered from a bottle. Some people breast feed exclusively. That means their baby does not receive formula or other foods. Others breast feed partially, which means that their baby may also receive formula or solid foods