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# NEWSLETTER

## BREAST FEEDING WEEK

Compiled: MDS Lancet Editorial Board



Breast milk is produced by mother shortly after delivery of a baby and serves primarily as food and water for the baby. For the initial months after birth, the baby gets all the energy and nutrients they need from breast milk. It also provides more than half of their nutritional needs in the latter half of the first year, and about a third in the second year of life.

The colostrum is the first breast milk that mother produces after giving birth. It has a lot of proteins and antibodies that help babies get the nutrition they need in their first weeks of life. Breast milk adapts to every baby and its nutritional component changes to match the baby's nutritional needs.



**Breastfeeding provides essential benefits for the health and development of a child from the first moments of their life. It is the most effective intervention for child survival and development.**

Breast milk is vital for the health of babies, especially in the first months of their lives. Therefore, everyone has a role to play in supporting mothers who breast feed their children. This includes family members, community members, national authorities and global partners. They should all work together to create a conducive environment for breast feeding and to protect mothers from any challenges or barriers that may affect their ability to breast feed.

**Breastfeeding has many advantages for both the mother and the baby. Some of them are:**



- Breastfeeding provides a hygienic and convenient way of feeding the baby
- Breastfeeding offers a complete and balanced nutrition for the baby
- Breastfeeding helps the baby fight against infections by transferring antibodies from the mother
- Breastfeeding enhances the emotional connection and attachment between the mother and the baby
- Breastfeeding may boost the cognitive development and intelligence of the baby
- Breastfeeding may reduce the risk of obesity and diabetes in later life for the baby
- Breastfeeding may lower the chances of developing breast cancer and ovarian cancer for the mother

1. World Breastfeeding Week 2023. [www.who.int/campaigns/world-breastfeeding-week/2023](http://www.who.int/campaigns/world-breastfeeding-week/2023).
2. Joint Statement by UNICEF Executive Director and WHO Director-General on the Occasion of World Breastfeeding Week. 1 Aug. 2023, [www.who.int/news/item/01-08-2023-joint-statement-by-unicef-executive-director-catherine-russell-and-who-director-general-dr-tedros-adhanom-ghebreyesus-on-the-occasion-of-world-breastfeeding-week](http://www.who.int/news/item/01-08-2023-joint-statement-by-unicef-executive-director-catherine-russell-and-who-director-general-dr-tedros-adhanom-ghebreyesus-on-the-occasion-of-world-breastfeeding-week)