

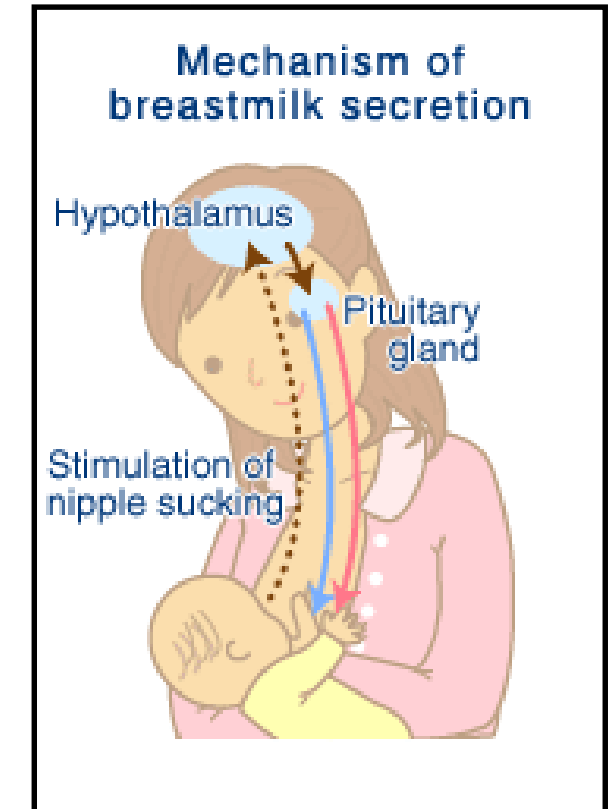
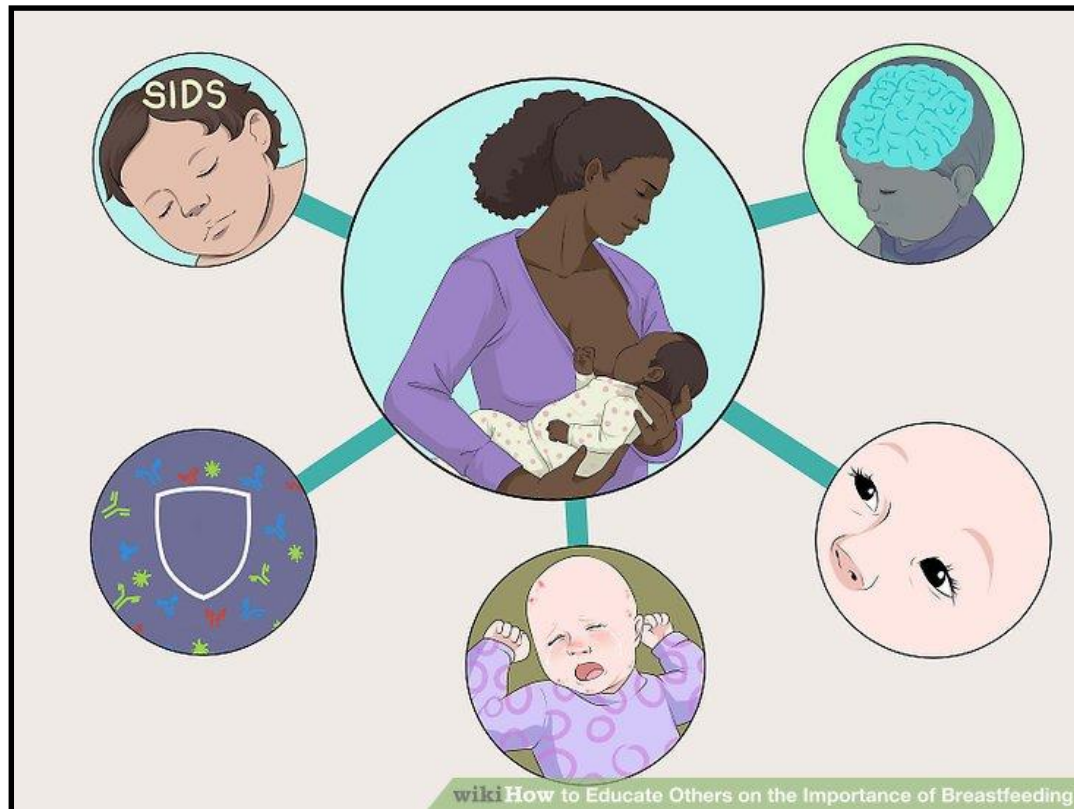
# Importance Of Breastfeeding

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**In Solidarity with World Breastfeeding Week  
From August 1, 2018 to August 7, 2018**





## Benefits of breastfeeding for an infant

### What is colostrum?

yellow colored milk that is produced first after the baby is born

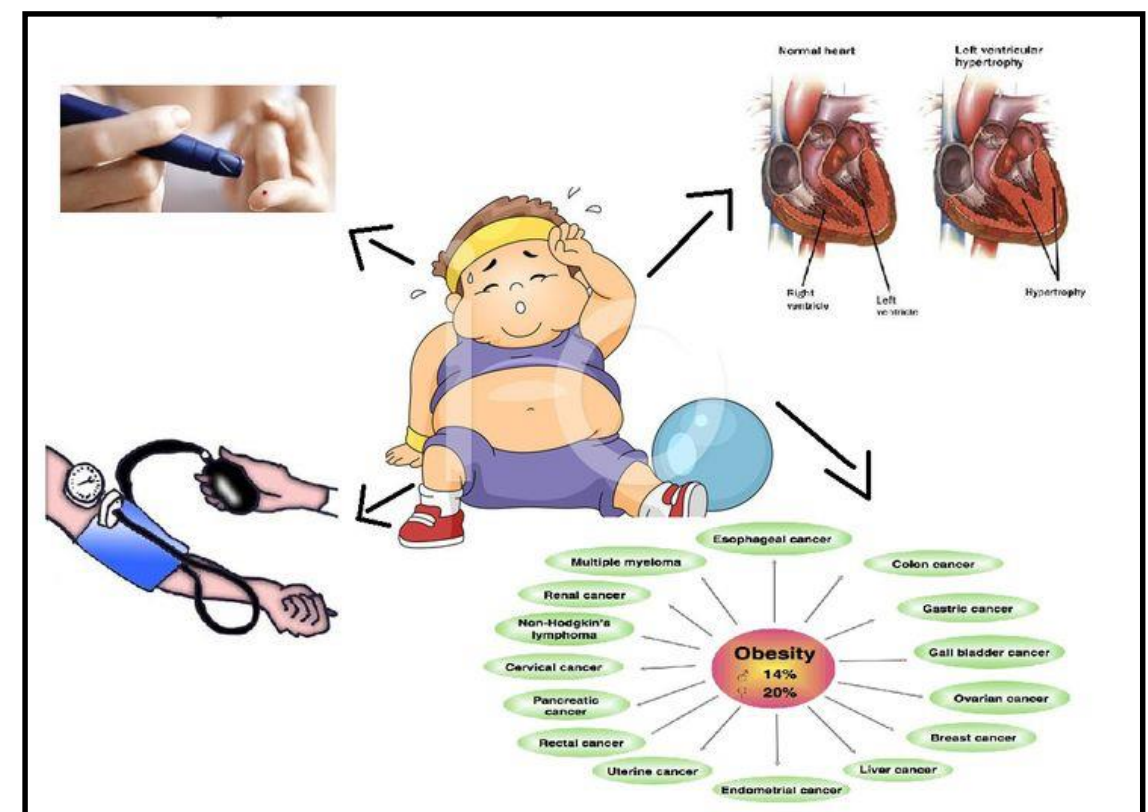
it is likely to be produced three to four months into your pregnancy

it is full of antibodies and immunoglobulins, which aid in protecting the baby from contracting bacteria and viruses

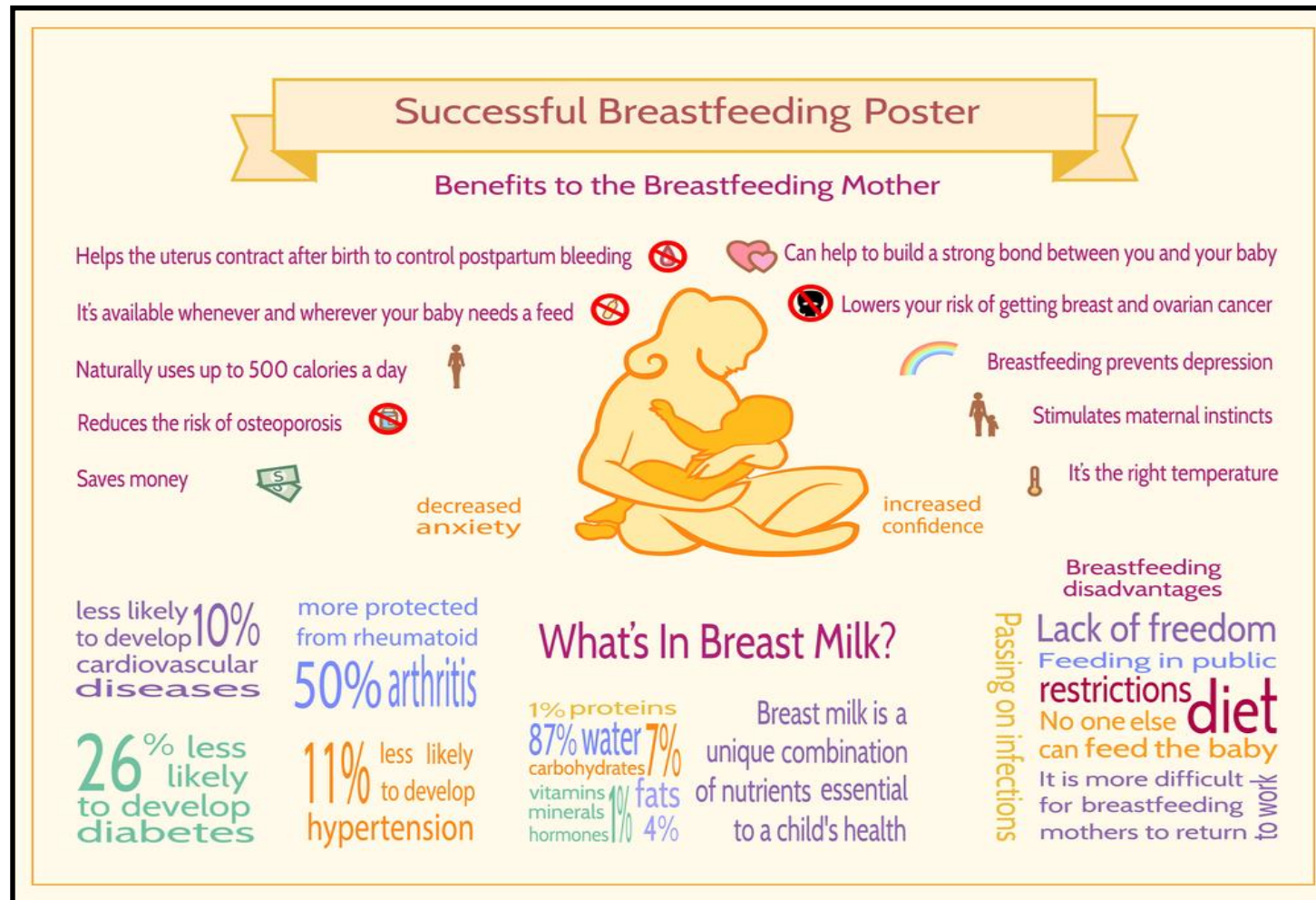
Changes to milk in the first two weeks after birth

Also acts as a natural safe vaccine

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# Benefits of breastfeeding for the mother



**“Breastfeeding is empowering.”**

**“Breastfeeding is a gift that lasts a lifetime.”**







## Nutrition for mom









Thank You!!!!

