

# EARLY AND EXCLUSIVE BREASTFEEDING FOR FIRST 6 MONTHS

Up to 6 months, exclusively breastfeed the child.  
Do not give even a drop of water.



## MOTHER'S MILK IS COMPLETE FOOD

- ✓ Initiate breastfeeding within one hour of birth.
- ✓ Feed mother's first milk (colostrum) to the child. It boosts immunity.
- ✓ Breastmilk has sufficient amount of energy, protein fat and other micro-nutrients required for optimum growth of the child.

Breastfeed the child  
whenever s/he  
wants – day and night.



**EXCLUSIVE BREASTFEEDING FOR  
FIRST 6 MONTHS IS CRITICAL FOR  
A HEALTHY CHILD.**



## BENEFITS OF BREASTFEEDING

For the child	For mother
Maintains body temperature	Protects mother's health
Provides enough Vitamin A	May act as a contraceptive and helps in birth spacing
Protects from many diseases	Fosters a loving bond
Works as a tonic for brain	Available free of cost

For more information, contact Self Help Group member of your area.