

BREASTFEEDING

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

Mother's milk is a complete food.

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



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



**CONTINUE BREASTFEEDING DURING DAY AND NIGHT
WHENEVER CHILD DEMANDS, CRIES OR IS HUNGRY.**

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

