

WORLD BREAST FEEDING WEEK

(August 1st TO 7th 2016)

A KEY TO SUSTAINABLE DEVELOPMENT

- ❖ All mothers please give **only mother feeding** for ur sweet babies **till full six months completion.**
- ❖ The World Health Organization (WHO) recommends exclusive breastfeeding until 6 months of age, with continued breastfeeding along with appropriate complementary foods up to 2 years of age and beyond.
- ❖ Most important **fattyacid for brain growth** is **DHA**- this is readymade available in all mothers milk for ur babies which helps in brain growth.
- ❖ Human milk contains **live white blood cells** & Plenty of immunoglobulins which protect babies against childhood killer diseases (pneumonia and diarrhea).



HUMAN BRAIN GROWTH RATE

(This happens best with mother's milk)

- AT ONE MONTH AGE- 36PERCENT ADULT SIZE
- AT ONE YEAR AGE – 72 PERCENT ADULT BRAIN SIZE
- AT 2 YEARS AGE - 83 PERCENT ADULT BRAIN SIZE

MAJOR BRAIN GROWTH OCCUR 2YEARS OF AGE

Man simply cannot duplicate the wonder i.e., **BREAST MILK**

**UR CHILDREN ARE ONLY UR FAMILY FUTURE
UR CHILDREN ARE OUR NATION'S PRIDE AND FUTURE TOO.**

Issued in public interest by



EXCLUSIVELY HOSPITAL FOR CHILDREN

#4/9, Andal Avenue 1st street, Peravallur, Chennai-82
Ph:044-2671 2068,044-2671 3068



INDIAN EDICAL ASSOCIATION

(Chennai Perambur Branch)