

BREASTFEEDING WITH BREAST MILK



During the first 6 months, breast milk is the best thing for your baby. Whenever possible, breast feed babies so that they receive the nutrition they need. You can breast feed babies until they are 4 years of age or more. Doing this will help ensure that your baby grows strong and healthy. Breast milk protects your baby from diseases by strengthening their own ability to fight off diseases.

With breast milk you won't need bottles, clean water (that is sometimes difficult to find), or expensive baby formula. Your body produces milk that is perfect for your baby; anytime you need it, it is always fresh and clean. To make sure that your baby can get the best nutrition from your breast milk, you need to take care of your own nutrition intake. Make sure that you are getting enough protein, vegetables, and fruit every day.

Using baby formula can cause disease, malnutrition, and dehydration (lack of liquid) for your baby. Breast milk is free, no money is needed. In a disaster area where clean water, sanitation, and nutrition are a big challenge, breastfeeding is the best option.

**Do not mix baby formula with dirty water.
Breastfeeding your baby is the best and
safest way to ensure your baby's survival.**



Developed by Bumi Sehat Foundation and IDEP Foundation

More information: www.bumisehatbali.org • www.idepfoundation.org