

With the Sponsorship of Budoia City Council



To celebrate

WORLD BREASTFEEDING WEEK 2014



NATIONAL BREASTFEEDING FLASH MOB

October 4th 2014 starting at 10 a.m.

In Piazza Umberto I, Budoia (PN)



PROGRAMME

h 10 a.m. Meeting for all mothers willing to share their **breastfeeding** experience

*"If every child was exclusively breastfed from birth, one and a half million lives could be saved every year. (...) as **mother's milk is the perfect food**, not comparable with any artificial product, (...) mother's milk contains every necessary nutrient for the children's best health, growth and protection (...)" UNICEF 2000*

h 11 a.m. **Long term breastfeeding** (beyond 12 months): discussion meeting with mothers and health care operators

*"OMS recommends, to all mothers worldwide, to exclusively breastfeed their children up to six months, in order to reach their best growth, development and health. After that, children should receive nourishing complementary foods, while they are still **breastfed until 2 years of age and beyond**." OMS 2011*

Long term breastfeeding helps in the process of gradual weaning and allows a better and longer mother and child health. Breastfeeding also helps the children's intellectual, emotional and social wellbeing, supporting their autonomy development process. Breastfeeding can help mother and child relationship during delicate moments such as the time of getting back to work.



For further information, you may call:

Tiziana 347-5986576