

REPUBLIC OF KENYA



MINISTRY OF HEALTH

Breastfeeding benefits us all!





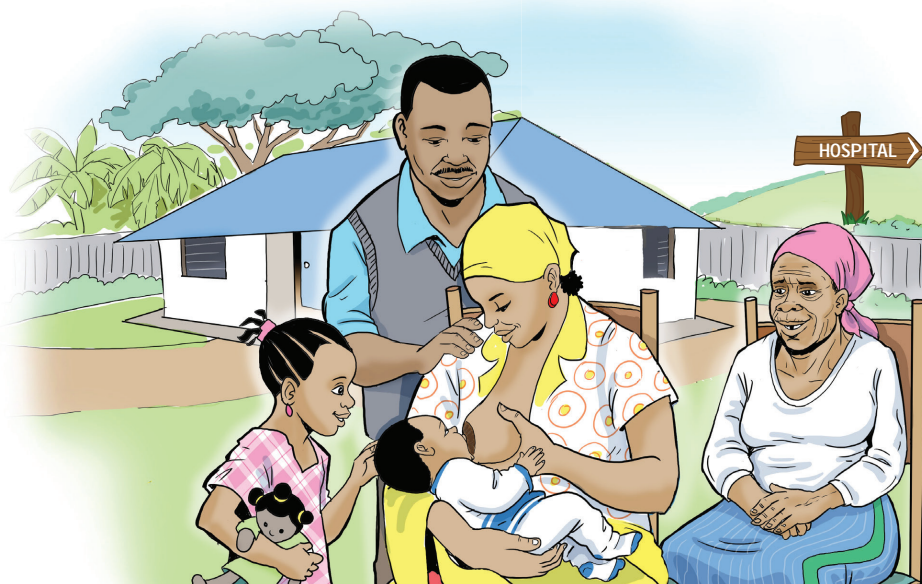
Benefits to the Baby

- Contains antibodies that protect against diseases, especially against diarrhea and respiratory infections, thus reducing infant mortality
- Breast milk perfectly covers all babies' nutrient needs for the first 6 months and is easy to digest and absorb
- Promotes adequate growth and development, thus helping to prevent stunting
- Helps jaw and teeth development; suckling develops facial and jaw structure
- Immediate and uninterrupted skin-to-skin contact for at least one hour after birth leads to early breastfeeding and bonding
- Long-term benefits of breastfeeding include reduced risk of obesity and diseases like diabetes in adulthood
- Breastfed children have higher IQs and perform better in school

Benefits to the Mother

- Breast feeding is effective as a contraceptive method during the first 6 months if the mother is frequently and exclusively breastfeeding, day and night and if her menses/period has not returned
- Helps mothers space births and regain their health after childbirth
- Putting the baby to the breast immediately after birth facilitates the expulsion of placenta because the baby's suckling stimulates uterine contractions

- Breastfeeding reduces the risk of bleeding after delivery
- When the baby is immediately breastfed after birth, breast milk production is stimulated and it is satisfying to the mother
- Immediate and frequent suckling prevents engorgement
- Breastfeeding reduces the mother's workload (no time is involved in going to buy the formula, boiling water, gathering fuel, or preparing formula)
- Breast milk is available at anytime and anywhere, is always clean, nutritious and at the right temperature
- Breastfeeding is economical: formula costs a lot of money, and the non-breastfed baby or mixed-fed baby is sick much more often, which brings costs for health care
- Breastfeeding stimulates a close bond between mother and baby
- Breastfeeding reduces risks of breast and ovarian cancer



Benefits to the Community and National Development

- Healthy babies make a healthy nation and a more productive workforce
- Savings are made in health care delivery because the number of childhood illnesses are reduced, leading to decreased expenses
- Improves child survival because breastfeeding reduces the risk of diseases

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For further information contact us:
Division of Nutrition and Dietetics, Ministry of Health,
P.O Box 30016, Nairobi or visit our website
<http://www.nutritionhealth.or.ke>.