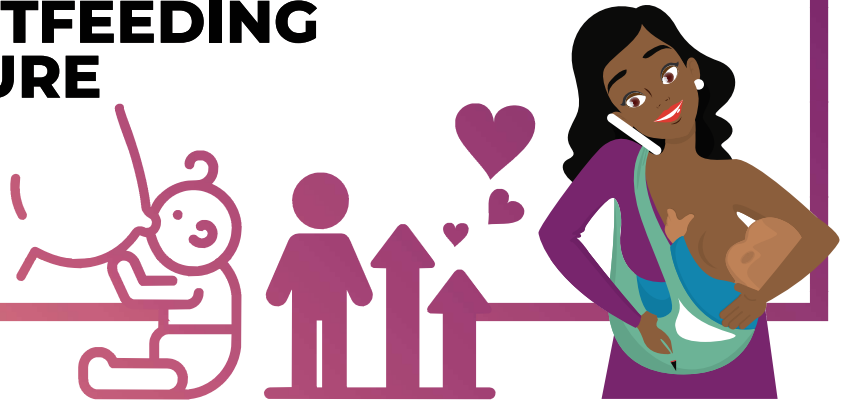


Although breastfeeding is the smart choice, it's not always the easy choice, and so we all have a role to play to

SUPPORT BREASTFEEDING MOMS AND ENSURE SOUTH AFRICA'S CHILDREN GROW GREAT!



FACT

BREASTFED BABIES ARE SMARTER



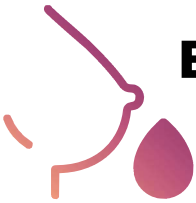
When moms are supported to do what's best for their children, they are **HAPPIER & MORE PRODUCTIVE EMPLOYEES**



Breastfeeding is not only good for baby, it also **PROTECTS MOM FROM CERTAIN CANCERS**



BREASTMILK CONTAINS ALL THE WATER, NUTRIENTS AND FOOD A BABY NEEDS FOR THE FIRST SIX MONTHS OF LIFE.



Employers: Create enabling environments in the workplace for women to breastfeed or express and protect their right to take

2X30 MINUTE BREASTFEEDING BREAKS EVERY DAY



for the first **6 MONTHS** of their child's life



As is stipulated in the Code of Good Practice on the Protection of Employees during pregnancy and after the birth of a child

Communities: Ensure public spaces have **CLEAN AND PRIVATE SPACES FOR WOMEN TO BREASTFEED THEIR CHILDREN**

comfortably and support and celebrate their choice to breastfeed for as long as they are able to.



Dads: Support and celebrate your partner's choice to **BREASTFEED FOR AS LONG AS SHE IS ABLE TO**

Research shows that babies that are breastfed for longer when dads are encouraging of this choice. You have such an important role to play - ensure mom is comfortable when breastfeeding, offer her something to drink, take baby between feeds if she wants to rest and be a breastfeeding champion in your community.



THIS INFOGRAPHIC IS ADAPTED FROM:

Side by Side: What you should know about breastfeeding - A Question & Answer Guide

FOR MORE INFORMATION ON HOW YOU CAN SUPPORT BREASTFEEDING MOMS VISIT:

<http://www.health.gov.za/index.php/shortcodes/2015-03-29-10-42-47/2015-04-30-09-10-23/2015-04-30-09-11-35/category/465-nutrition>