



Benefits of Breastfeeding

DID YOU KNOW?



According to a survey conducted in Qatar by the Ministry of Public Health and Qatar Statistics Authority in 2012:

- Only 29 per cent of mothers exclusively breastfed their infants for six months
- 65 per cent of women continued breastfeeding their infants until one year of age
- 32 per cent of women continued breastfeeding until 2 years of age

There are many compelling reasons to support breastfeeding for mothers who are able to breastfeed:



For Mothers

- Protects against diseases (e.g. breast and ovarian cancer, Type II diabetes, osteoporosis, heart disease)
- Stimulates brain to release hormones that reduce the risk of postpartum depression
- Helps with weight loss
- Helps womb return to its normal size more quickly



For Babies

Exclusive breastfeeding for the first 6 months reduces the risks of:

- Allergies, asthma and eczema
- Ear and chest infections, coughs and colds
- Sudden Infant Death Syndrome (SIDS)
- Childhood diabetes and obesity
- Hospital visits due to diarrhea, vomiting and tummy pain



For the Environment

- Breastfeeding is portable - saves natural resources such as water, electricity and fuel
- Helps to reduce waste products compared to formula milk
- Breastfeeding is natural and it ensures the safest hygiene
- Breastfeeding saves money

WHO and UNICEF aim to improve the rates of exclusive breastfeeding by at least 50% by the year 2025!