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BREAST FEEDING

breast feeding is the
best feeding



Breast milk is the best source of nourishment for infants.
It contains all the antibodies required for the immune system of the baby.
Baby feeding contributes to the health and well-being of the mother.
Breast-fed babies are more likely to accept new and different foods.

BREAST FEEDING

Breastfeeding is the normal way of providing newborns with the nutrients they need for healthy growth and development. Not only does it help in nutritional aspects of the baby, but it also helps to enhance a powerful bonding between the baby and the mother. It is the most effective means to ensure proper child health and survival.

WHO actively promotes breastfeeding upto atleast 2 years of age. Ideally breastfeeding should be initiated within the first hour of birth. It is mandatory to continue this exclusively until 6 months from birth.

Importance of Breastfeeding

It is the best source of nourishment for the infants.

Colostrum, the yellowish, sticky breast milk produced during the final stages of pregnancy, is recommended by WHO as the perfect food for the newborn. It contains all the antibodies required for the immune system of the baby and has a mild laxative effect which helps the baby easily pass its first stools. It is high in proteins and low in fat.

Breast milk contains the perfect amount of water which is sufficient enough to satisfy the thirst and hunger of the baby.

Breast milk contains more carbohydrates that provide energy to the baby. The protein present in breast milk that helps your baby grow and develop is present in just the right amount and form most readily absorbed. Fat present in the breast milk also contains sufficient vitamins and minerals required for the development of the baby.

Breast milk promotes sensory and cognitive development and protects the child against infective diseases. It reduces child mortality rates significantly as breastfed babies have higher chances of surviving acute attacks of illness.

It contains Antibodies which help baby's immune system gain strength, as it fights off the bacteria and viruses.

Breastfeeding contributes to the health and well-being of mothers. Breastfeeding is also effective in preventing ovarian cancer and also reduces the risk of breast cancer to a very great extent.

Breastfeeding also effects skin to skin contact between the baby and the mother which helps in maintaining body temperature of the baby thereby promoting faster body growth.

Breastfed babies are more likely to accept new and different foods once they are started on solid foods.

Malnutrition is responsible for 1/3rd of the deaths among children under five years of age. This is found to be mostly associated with inappropriate feeding practices.

Last but not the least, it is a natural method of contraception.

**BREAST FEED YOUR BABY.
NO GIFT IS
AS PRECIOUS TO THE BABY AS
BREAST FEEDING**

