

## Why is **breastfeeding** important for babies

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Breastfeeding is a key to sustainable development of baby as it improves nutrition and ensures food security. Mother's milk is a soul food for baby. It is a gift that lasts lifetime. Dear mother's it's never too early to start thinking about how you are going to feed your baby. Here are some benefits of breastfeeding that will help you, motivate you to breastfeed your baby.

Some of the health benefits are:

Your breast milk is perfectly

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designed for your baby.

Breast milk protects your baby from infections and diseases.

Breast milk is easily available to your baby, whenever baby needs it.

Breastfeeding can build a strong emotional bond between you and your baby.

Breastfeeding has many long-term benefits for your baby.

Longer you breastfeed, longer the protection and greater are the benefits.

Breastfeeding can reduce your baby's risk of infection, allergies, diarrhoea, vomiting, obesity in children, cardiovascular diseases in adulthood.

Breastfeeding also has heap of benefits to you mothers. More you breastfeed, greater are the benefits.

Breastfeeding lowers the risk of breast cancer, ovarian cancer, osteoporosis (weakening of bones), obesity in mothers, cardiovascular diseases in mothers.

All in all breastfeeding isn't just a choice, it's a responsibility. Let's all be responsible mothers and give this beautiful gift to our babies.