

A TO Z ABOUT BREAST FEEDING



- A.** Always Available
- B.** Brain Growth and Development
- C.** Colostrum in nature, most perfect food for babies
- D.** Desired Temperature
- E.** Economically good
- F.** Free and Fresh
- G.** Good for mother and baby
- H.** Healthy baby and Happiness
- I.** Ideal Composition (Nutrients, Calorie and Fluid)
- J.** Just easily absorbed/ digested
- K.** Kilocalorie met by demand feeding
- L.** Less environmental waste
- M.** Mother – Baby Bonding/Mother’s milk is the best
- N.** Natural gift / No need of any equipments for preparation
- O.** Oral motor development/only diet to feed their babies
- P.** Protection (Infection)
- Q.** Quick Involution of Uterus
- R.** Reduces risk of some types of cancers in both mother and baby
- S.** Satisfaction/ Stress level reduction
- T.** Temporary contraception
- U.** Universally Accepted
- V.** Very high in carbohydrate
- W.** Weight loss plan for mothers
- X.** ‘ X’ tra feeds only after 6 months
- Y.** Yield more milk-more baby sucks
- Z.** Zinc and Copper present