

# BREASTFEEDING Healthy Mothers and Healthy Babies

# 母乳哺育 健康的媽媽和 健康的寶寶



**WORLD BREASTFEEDING WEEK**  
1-7 AUGUST 2002

國際母乳哺育週八月一日到七日

This year's WBW theme, Breastfeeding: Healthy Mothers and Healthy Babies, underscores the urgent need to protect, promote, and support the health and well-being of mothers as well as the need to protect, promote, and support breastfeeding, for healthier babies and children. The act of breastfeeding contributes to healthy growth and psychosocial development for both mother and child.

#### The Goals are:

- To reinstate breastfeeding as an integral part of women's reproductive cycle and health
- To create awareness of women's right to humane and non-interventive birthing practices
- To promote the Global Initiative for Mother Support (GIMS) for Breastfeeding as one way to strengthen support for mothers.

The World Alliance for Breastfeeding Action (WABA) is a global alliance of network and organisations such as IBFAN, LLLI and ILCA, and individuals, to protect, promote and support breastfeeding. WABA acts on the Innocenti Declaration and works in close liaison with United Nations Children's Fund (UNICEF). WABA, PO Box 1200, Penang 10850, Malaysia. Tel: 60-4-658 4816 • Fax: 60-4-657 2655 • E-mail: [secr@waba.po.my](mailto:secr@waba.po.my) Website: [www.waba.org.br](http://www.waba.org.br) or [www.waba.org.my](http://www.waba.org.my)

今年國際母乳哺育週的主題：健康的母親和健康的寶寶，強調為了有更健康的寶寶和兒童，在保護、鼓勵及支持母乳哺育的同時，我們也急需要保護、鼓勵及支持母親的健康和福祉。

#### 國際母乳哺育週的目標

- 使母乳哺育恢復為婦女生育週期及健康中不可或缺的一部分。
- 讓大眾注意到擁有一個人性化的生產過程是婦女的權力。
- 鼓勵全球女性支持母職運動 (Global Initiative for Mother Support, GIMS)，使其成為母乳哺育的多種方式之一。

WABA 是一個由相信母乳哺育是所有兒童及婦女的權利，並獻身於保護、促進，及支持這個權利的組織及個人所組成的全球聯盟，包括 IBFAN, ILLI & ILCA。WABA 致力於因挪干替宣言，並和聯合國兒童基金會一起合作。

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