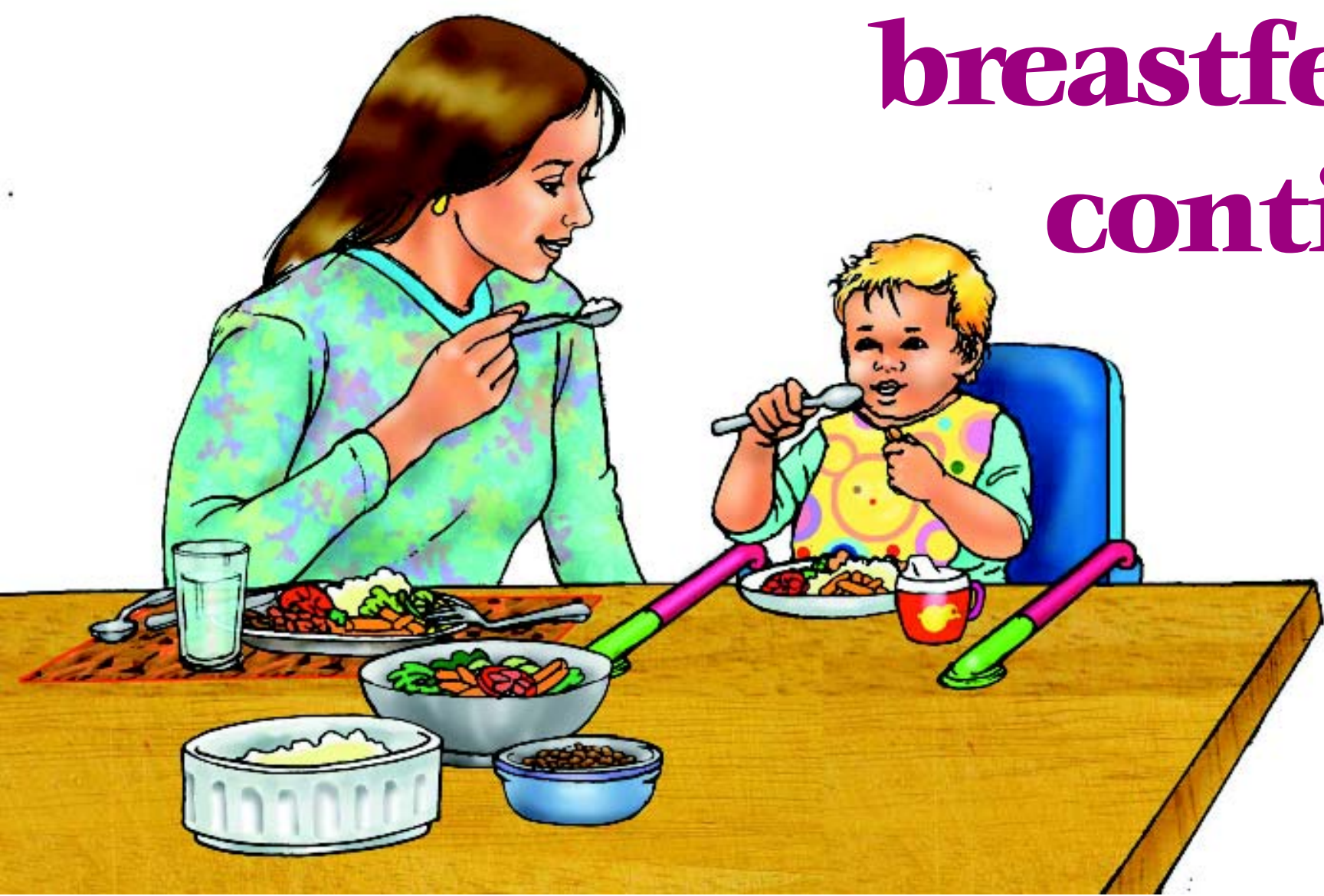


# Breastfeeding and Family Foods

**LOVING & HEALTHY**

**Feeding other foods while breastfeeding is continued**



## **Goals:**

- ❖ Draw attention to the value of continuing to breastfeed children to 2 years or beyond.
- ❖ Raise awareness of the risks and costs of introducing other foods and drinks to breastfed babies before 6 months, thereby strengthening support for 6 months exclusive breastfeeding.
- ❖ Up-date information and ideas about the kinds of other foods and drinks needed by older breastfed babies and young children after 6 months.
- ❖ Share ideas for making complementary feeding easier, healthier and a time for learning and love.



**WORLD ALLIANCE FOR BREASTFEEDING ACTION**  
**Protects, Promotes and Supports Breastfeeding Worldwide**

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**WABA World Breastfeeding Week 2005**

**1 - 7 AUGUST**