

## How Long Should Mom Breastfeed?

It is common for women all over the world to breastfeed their babies for well over a year. In an emergency situation, even a baby who has started to wean can be encouraged to continue breastfeeding. Your milk supply will quickly respond when the baby breastfeeds more often.

## Why Is Breastmilk Better Than Formula?



Formula does not contain all of the important ingredients that make up breastmilk. Breastmilk is perfectly designed to meet the needs of human babies. It has special white blood cells that fight off infections and protect baby's digestive system.

Formula is often difficult for a baby to digest and babies may be allergic to some of the ingredients

in formula, especially cow's milk. In an emergency situation, a breastfed baby should continue to receive the same food she is familiar with. That way, her digestive system is not stressed by having to deal with a new food.

## Tips for Breastfeeding Mothers

- ❖ **Prepare** for potential crises by storing food and supplies.
- ❖ **Continue** breastfeeding to give your baby food, comfort and protection from diseases.
- ❖ **Eat and drink** enough to stay healthy. Your baby needs you.
- ❖ **Seek** support and information from other breastfeeding mothers or healthcare professionals.

## The luckiest babies are breastfed!

