

Exclusive Breastfeeding

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Means An Infant Receives Only Breast Milk From:



Mother



Wet Nurse



Expressed
Breast Milk

No Other



Liquids



Solids

To Achieve Optimal Growth Development And Health

Babies Should Be Exclusively Breastfed
For The First Six Months Of Life



Even In Hot, Dry Climates, Breast Milk
Fully Meets A Baby's Need For Fluids



Exclusive Breastfeeding

No

No water or other drinks
or foods such as



Tea



Juice



Water



Sugar



Gripe Water



Porridge



Milk

During The First Six Month

It Is Allowed To Give Drops Or Syrups Consisting Of Vitamins, Mineral Supplements Or Medicines Prescribed By A Doctor



**World Health Organization (Who) Recommends
That Breast Milk Is The Only Food Your Baby
Needs For The First Six Months Of Life.
This Is Called "Exclusive Breastfeeding"**