

# Breastfeeding

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## Switzerland

- 12 weeks post partum : 50% breastfed
- Paternity leave of 14 days
- Breastfeeding breaks **included in work time** (up to 1 year post partum)
- Exclusive breastfeeding recommended for **4 months**, and food introduction at 5 months.



## Scotland and UK

- 46% of babies are still receiving breastmilk at 6-8 weeks old.
- Parents are recommended to exclusively breastfeed for **6 months**, and then introduce solid foods.
- The number of babies receiving breast milk at 10-14 days old has increased, due to an increase in mixed feeding.
- 2 parents can **share 12 months of parental leave**, e.g 6 months each, or 3 and 9 months.

## Breastfeeding worldwide

- Only 44% of babies are exclusively breastfed for the first 6 months.
- At 12 months old, partially breastfed children are mostly from low-income countries.
- Breastfeeding **could prevent the death** of more than 800,000 **children** under the age of 5 (and 20,000 **mothers**) each year worldwide and prevent several childhood diseases.



## Take-home messages

- **6 months exclusive breastfeeding is recommended.**
- Nutritional contributions of breastmilk and its **benefits are unequalled** for the newborn.
- Factors promoting breastfeeding : advanced age, prenatal information, knowledge, partner's support, positive environment feedback, ...
- A lot of different possibilities to breastfeed (breast pump, combined, exclusive, ...).
- Adapted to **each nipple.**
- Very few contraindications.
- Breastmilk is a **safe food** in emergencies.
- 18 weeks of paid maternity leave recommended.

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