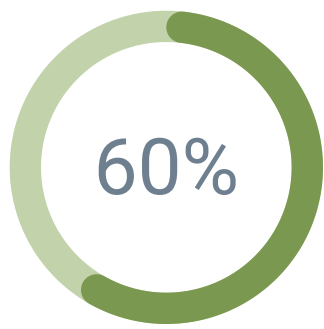
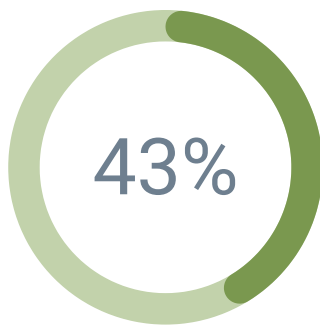


# BREASTFEEDING

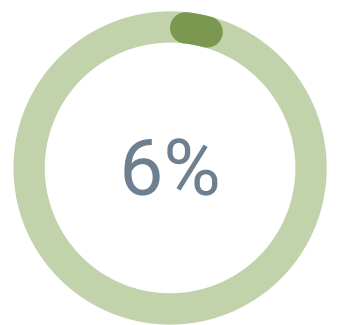
IRELAND HAS THE LOWEST BREASTFEEDING RATE IN EUROPE, DESPITE INITIATION RATES IMPROVING OVER THE LAST DECADE.



of mothers start  
breastfeeding



at 3 months



Less than 6%  
exclusively  
breastfed at 6  
months vs European  
average of 25%

## HOW CAN WE ENCOURAGE BREASTFEEDING?



SKIN TO SKIN  
AFTER  
DELIVERY



ACCESS TO  
LACTATION  
CONSULTANTS



PUBLIC  
FACILITIES  
FOR BREASTFEEDING



ONGOING EDUCATION  
FOR HEALTHCARE  
PROFESSIONALS



SUPPORT- FROM FAMILY,  
HEALTHCARE  
PROFESSIONALS,  
SOCIETY

## BENEFITS OF BREASTFEEDING

### BENEFITS FOR BABY

- Lower risk of
  - SIDS
  - allergy
  - infections
- Protective against obesity
- Improved cognitive performance

### BENEFITS FOR MOTHER

- Lower risk of
- breast cancer
  - ovarian cancer
  - type 2 diabetes

## WHO RECOMMENDATIONS

Breastfeeding  
up to **6** months

Breastfeeding with supplementary  
foods until **2** years or beyond

“ Babies who are breastfed receive an individualised source of nutrition according to their changing needs based on gestational age, lactation period, and time of day ”



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