



World Breastfeeding Week 2022

World Breastfeeding Week's theme this year is 'Step Up for Breastfeeding: Educate and Support.' This issue attempts to raise breastfeeding awareness by lobbying organizations and governments to develop breastfeeding protections.

Introduction

Breastfeeding is important for an infant's healthy growth and development. It is also an overwhelming event for a mother. As a result, World Breastfeeding Week is marked every year to promote the need of frequent breastfeeding for newborns. Breastfeeding week begins on August 1, and ends on August 7.



Breastfed children are more intellectually and physically robust, according to the World Health Organization. Furthermore, their odds of becoming overweight, obese, and diabetic are lower than those who are not. Breastmilk is the most nutritious nourishment for newborn newborns. It includes antibodies that help in the prevention of a variety of common pediatric diseases.



World Breastfeeding Week: History

In 1990, the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) issued a memorandum to promote and encourage breastfeeding. Following this, in 1991, the World Alliance for Breastfeeding Action (WABA) was formed. To support the effort, the first World Breastfeeding Week was held in 1992. Originally, roughly 70 nations observed the week, but it is currently observed by 170 countries.

World Breastfeeding Week: Significance

It is important that the people are informed of the multiple benefits of breastfeeding. According to WHO statistics, two out of every three children are not breastfed. As a result, observing this day is even more meaningful. Breastfeeding is suggested for mothers for 6 months after giving birth.

Antibodies present in breast milk help the infant's immune system fight infections and viruses. Infants who have been breastfed for six months have a very low or no likelihood of acquiring ear infections, respiratory problems, or diarrhoea. Breastfed babies are less likely to develop asthma or allergies.

According to the WHO, the benefits of breastfeeding extend not just to children but also to mothers. It lowers the chance of mothers developing breast and ovarian cancer.

