

# BREASTFEEDING

IMPORTANT INFORMATION, INCLUDING  
FOR MOTHERS AND BABIES ON-THE-MOVE



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## STRENGTHENING REFUGEE AND MIGRANT CHILDREN'S HEALTH STATUS

IN SOUTHERN AND SOUTH-EASTERN EUROPE

  
for every child



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## IMPORTANT INFORMATION FOR BREASTFEEDING MOTHERS & MOTHERS-TO-BE:

- ✔ **Breastmilk is the best food for your baby** – it strengthens your child's immune system and reduces the risk of infectious diseases. Breastfeeding also strengthens the affection, connection and love between you and your baby.
- ✔ **Breastmilk is always available and hygienic and contains all the necessary ingredients that are right for your baby.**
- ✔ **Frequent breastfeeding maintains a higher level of milk production** – even during times of stress, in an emergency, or when you are travelling.
- ✔ Keep your baby close to the body or on the breasts – this will also stimulate milk production.
- ✔ If breastfeeding has to stop (due to emergency, sickness or other reasons), you should resume as soon as possible.
- ✔ Your baby does not need any other food or liquid during the first six months of life. A mother's milk contains adequate amounts of water for the baby.
- ✔ Keep breastfeeding your baby as long as possible, ideally until age 2. After your baby is 6 months old, you can introduce other foods alongside your breastmilk.
- ✔ **If you experience any problem with breastfeeding, look for assistance from a health worker nearest you** (including with an NGO in your community).

## BREASTFEEDING WHILE ON-THE-MOVE:

- ✔ **Breastfeeding saves time** – babies can be breastfed everywhere and any time! Use of baby formula takes more time and requires strict hygiene that is not easy to preserve while on travel.
- ✔ During emergencies and in transit, you may be offered infant formula. **Breastfeeding mothers do not need to provide infant formula in parallel to breastfeeding** as this will reduce the production of breastmilk.
- ✔ Breastfeeding in public is allowed all over Europe so you do not need to be worried about feeding your baby wherever you are!
- ✔ Mothers can breastfeed even if they are pregnant or become ill. If you are sick, your milk will protect your baby from getting sick!
- ✔ **Use of formula raises the risk of infection, illness and malnutrition for your child**, and should be used only as a last resort after consulting a health specialist and assessing the condition of your child.



**BREASTFEEDING  
IS PRECIOUS AND IS  
THE BEST FOOD  
FOR YOUR BABY  
AT ALL TIMES AND  
IN ALL CONDITIONS!**



**CRWB**

Council of Refugee  
Women in Bulgaria

**IF YOU NEED ASSISTANCE**

PLEASE CONTACT:

COUNCIL OF REFUGEE WOMEN IN BULGARIA

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Council of Refugee Women in Bulgaria is a UNICEF partner.