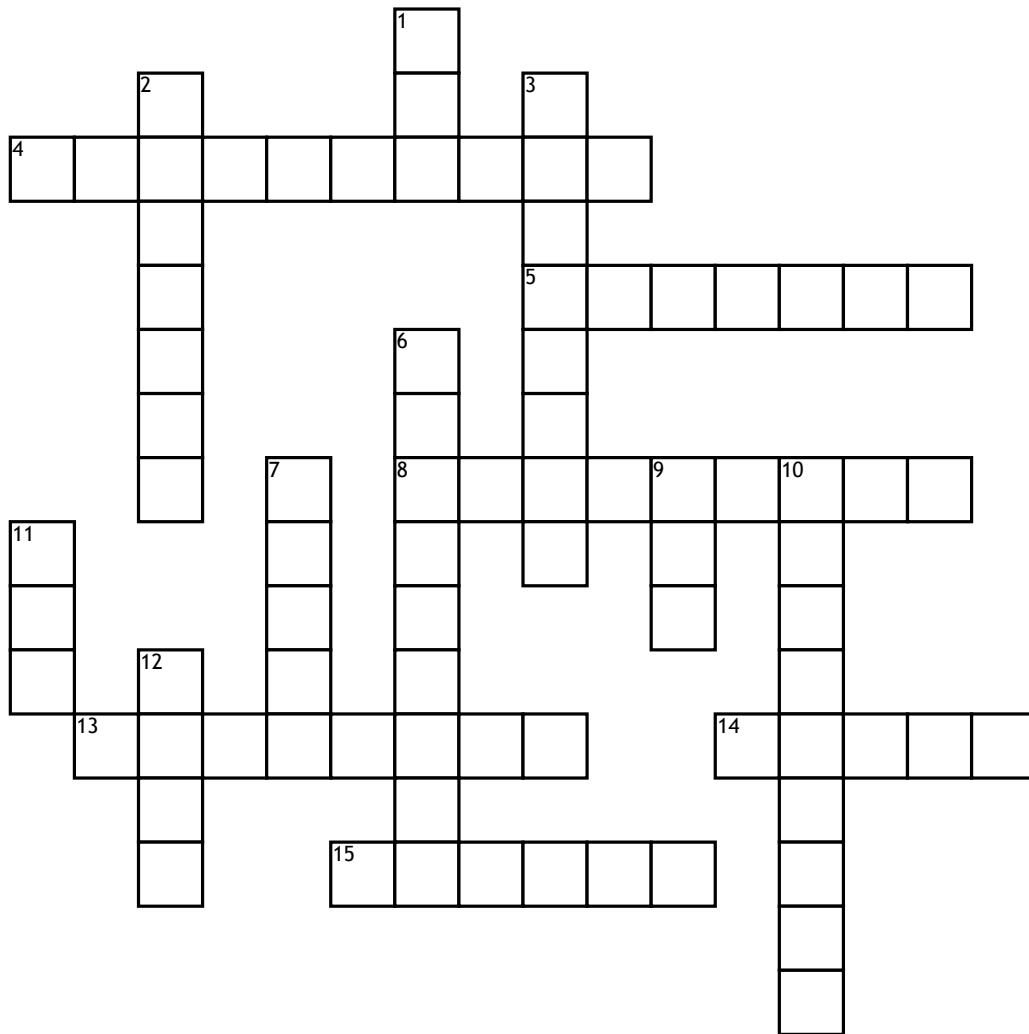


Breastfeeding Week Crossword



Across

4. _____ helps with initiating breastfeeding after birth
 5. Umbilical cord clamping should be _____ to improve baby's health outcomes
 8. What is the first thick breastmilk after birth called?
 13. Breastmilk consists of 2 types of milk: the thinner _____ quenches baby's thirst
 14. The World Health Assembly (WHA) has set a target to increase the global rate of exclusive breastfeeding to at least _____ % by 2025

15. Breastfeeding on _____ is the term used to describe feeding baby whenever they are hungry

Down

1. Can you breastfeed if you have or had Covid-19?
 2. Breastfeeding lowers a mother & baby's risk of _____
 3. Breastmilk consists of 2 types of milk: the thicker _____ contains more fat & nutrients to help baby grow
 6. _____ breastfeeding means only giving breastmilk, nothing else (not even water)

7. Mom's should put baby to breast every _____ hours to encourage breastfeeding, even during the evening

9. How many months should a baby be exclusively breastfed for?
 10. The term describing keeping mom & baby together to support breastfeeding
 11. Ideally breastfeeding should continue up to at least _____ years
 12. Besides nutrition, breastfeeding allows mom & baby to _____

Word Bank

rooming-in	hindmilk	six	demand	disease
fifty	colostrum	three	two	skin-to-skin
foremilk	exclusive	delayed	yes	bond