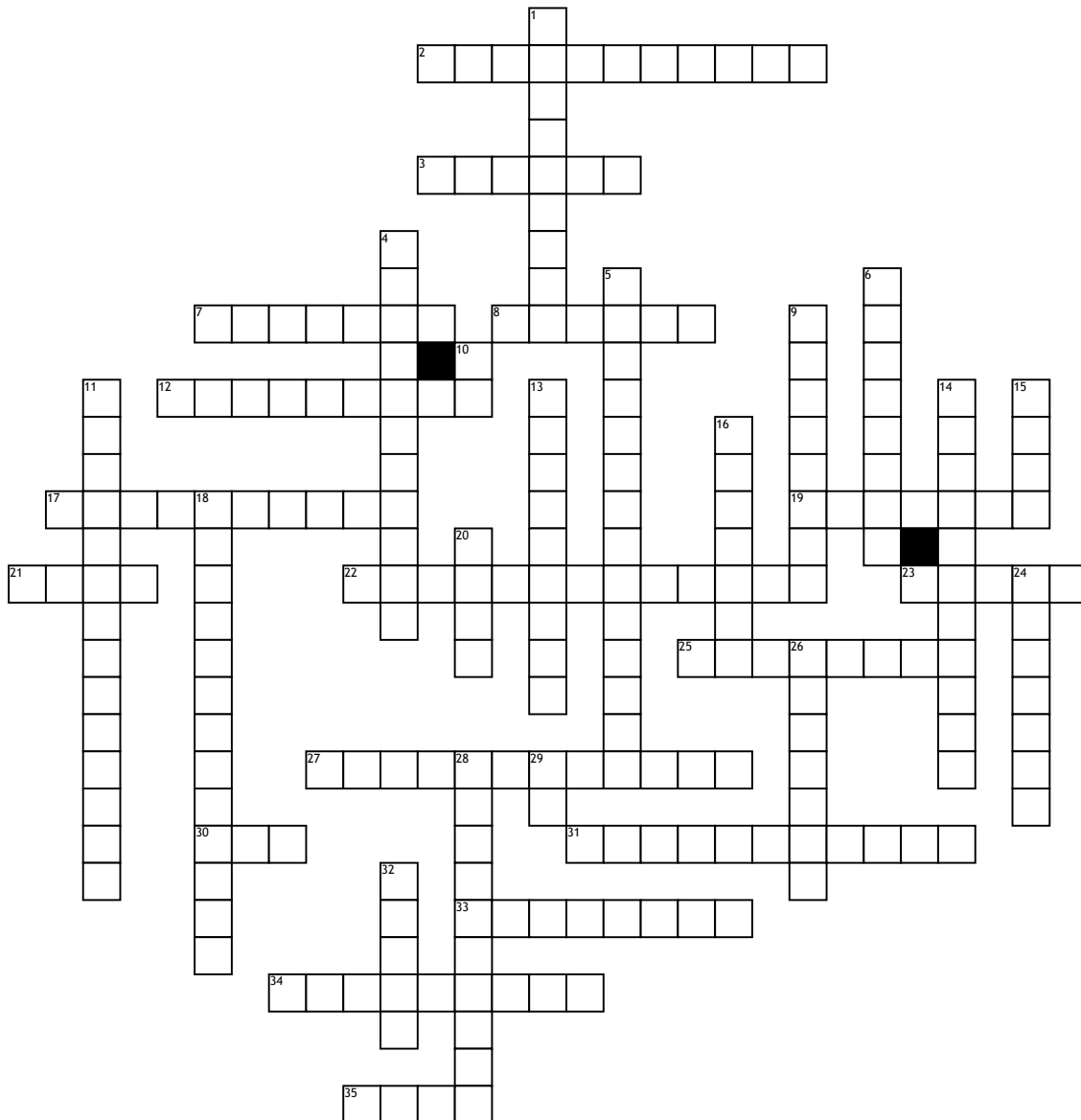


# World Breastfeeding Week 2018



## Across

2. Breastmilk is perfectly designed for the child's \_\_\_\_\_ and immunological needs.
3. Longer durations of breastfeeding reduces the risk of \_\_\_\_\_ cancer in the mother.
7. With no addition on household income, breastfeeding is a \_\_\_\_\_ way of feeding babies and contributes to poverty reduction.
8. The four objectives of World Breastfeeding Week are: Inform, Anchor, \_\_\_\_\_ and Galvanize.
12. Protecting, \_\_\_\_\_ and supporting breastfeeding is vital to a more sustainable world.
17. Breastfeeding facilitates maternal and infant closeness and nurturing, which promotes strong maternal-infant \_\_\_\_\_.
19. It is estimated that breastfeeding reduces the risk of overweight and \_\_\_\_\_ by about 10% compared with babies who were never breastfed.
21. A new \_\_\_\_\_ for World Breastfeeding Week is developed each year.
22. \_\_\_\_\_ prevents hunger and malnutrition in all its forms and ensures food security for babies, even in times of crisis.
23. \_\_\_\_\_ Breastfeeding Week is acknowledged in Canada as October 1-7.
25. Colostrum is the first milk produced in the breasts that provides lower volume and high nutritional density feeds, sufficient calories, rich in antioxidants and bioactive factors; and promotes \_\_\_\_\_ passage during the first few days.

27. Initiative developed by WHO containing 10 steps towards promoting breastfeeding.

30. WHO recommends continuing breastfeeding up to \_\_\_\_\_ years and beyond.

31. Breast milk is available in the right amounts and at the right \_\_\_\_\_ whenever the baby is hungry.

33. Adults who were breastfed as children have a decreased chance of developing \_\_\_\_\_.

34. Most important factor for adequate milk production is early, frequent, \_\_\_\_\_ milk removal.

35. Babies should lead with this body part to latch onto the breast.

## Down

1. A drop in progesterone and a rise in this hormone are needed to start milk production.

4. Factors in breast milk provide baby with enhanced immunity especially in the gastrointestinal and \_\_\_\_\_ systems.

5. Technique to remove milk from the breast when needed to relieve breast fullness, stimulate milk production and provide milk for the baby, particularly during the early days.

6. Skin-to-skin triggers a baby's instincts to breastfeed and triggers a mother's breastfeeding \_\_\_\_\_.

9. Breastfeeding is the foundation of \_\_\_\_\_ good health for babies and mothers.

10. More than 4000 litres of water are needed to produce just 1 \_\_\_\_\_ of infant formula powder.

11. Hormonal change of events triggered by the delivery of the placenta that causes rapid increase of milk production on day 3-4.

13. Breast milk protects the lining of the baby's \_\_\_\_\_ against infection and damage.

14. Breastfeeding protects the \_\_\_\_\_ as breast milk is produced without any pollution, unnecessary packaging or waste.

15. Vitamin D is the \_\_\_\_\_ nutrient the breast milk does not contain enough of.

16. Breastmilk is also a newborn's first \_\_\_\_\_, providing vital antibodies and an immunity boost.

18. \_\_\_\_\_ food can be introduced at 6 months of age.

20. Breastmilk changes throughout the lactation cycle and can \_\_\_\_\_ from the beginning to the end of the feeding.

24. Breastfeeding is a \_\_\_\_\_ skill.

26. Breastfeeding is a natural and \_\_\_\_\_ way of feeding children and promotes bonding between mother and child, regardless of setting.

28. 2018 World Breastfeeding Week theme is: Breastfeeding: \_\_\_\_\_ of Life.

29. Shorter durations of breastfeeding for children were associated with a 2.6 point loss in \_\_\_\_\_ scores.

32. During a natural disaster, the biggest risk for a formula fed baby is \_\_\_\_\_ contamination.