B	I	N	G	O
breastfeeding champions play key role in supporting mothers	Aids in maternal weight loss	Hand expressing	Reduces maternal neonatal infant and childhood mortality	Pump expressing
Breastfeeding promotes the oxytocin and dopamine feel good love hormone.	WHO- aiming to achieve 50% of exclusive breastfeeding for first six months by 2025.	Reduced risk of maternal breast cancers	Benefits a child's life health nutrition and development.	Time is essential
reduces risk of ear infections for babies	Breastfeeding is recommended for all babies for the first six months of life.	**FREE**	Ongoing support visits can increase rates of breastfeeding	Professional support is integral.
There is more white blood cells in breast milk than in red blood cells.	Protective factor against SIDS.	Reduced risk of maternal type 2 diabetes.	Helps baby in forming more secure attachment.	Reduced maternal risk of ovarian cancer
Breastfeeding lowers risk of gastrointestinal infections for babies	Responsive	Builds a positive bond	reduces risk of respiratory infections in babies.	Can bridge the gap in health inequalities

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B	I	N	G	O
reduces risk of ear infections for babies	reduces risk of respiratory infections in babies.	Benefits a child's life health nutrition and development.	Protective factor against SIDS.	Breastfeeding promotes the oxytocin and dopamine feel good love hormone.
Reduces maternal neonatal infant and childhood mortality	Professional support is integral.	Hand expressing	Reduced maternal risk of ovarian cancer	Breastfeeding is recommended for all babies for the first six months of life.
Ongoing support visits can increase rates of breastfeeding	Aids in maternal weight loss	**FREE**	Helps baby in forming more secure attachment.	Reduced risk of maternal type 2 diabetes.
Can bridge the gap in health inequalities	breastfeeding champions play key role in supporting mothers	Builds a positive bond	There is more white blood cells in breast milk than in red blood cells.	Breastfeeding lowers risk of gastrointestinal infections for babies
Pump expressing	Increase immunity in both mother and baby	Time is essential	Reduced risk of maternal breast cancers	WHO- aiming to achieve 50% of exclusive breastfeeding for first six months by 2025.

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B	I	N	G	O
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Responsive	Time is essential	reduces risk of respiratory infections in babies.	Protective factor against SIDS.	Breastfeeding is recommended for all babies for the first six months of life.
Reduced risk of maternal type 2 diabetes.	Benefits a child's life health nutrition and development.	**FREE**	Ongoing support visits can increase rates of breastfeeding	Hand expressing
Increase immunity in both mother and baby	Pump expressing	Breastfeeding lowers risk of gastrointestinal infections for babies	Aids in maternal weight loss	breastfeeding champions play key role in supporting mothers
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