Healthy Children Brighter Tomorrows

Small Feeds Big Futures

Dhanvantari Clinic

Happy Babies Healthier India

Nourish Today Thrive Always

BREASTFEEDING

A healthy beginning, a lifelong gift

Benefits for Baby

- Complete nutrition for the first 6 months
- Antibodies help protect against infections
- Supports healthy growth and brain development
- Reduces diarrhoea and pneumonia
- Lower risk of obesity and diabetes later
- Comfort, warmth and bonding



Benefits for Mother

- Strengthens the mother-baby bond
- Helps the uterus recover after birth
- Lowers the risk of breast and ovarian cancers
- Convenient, hygienic and economical
- Builds confidence and emotional well-being

Remember the Golden Steps

1. 
Start within the first hour after birth

2. 
Give only breast milk for 6 months — no water, honey or ghutti

3. 
Feed on demand, day and night

4. 
Ensure a deep, comfortable latch

5. 
After 6 months, add complementary foods and continue breastfeeding up to 2 years or beyond

Breastfeeding is a shared responsibility — support the mother.

Consult your Pediatrician or Lactation Counsellor if you have difficulty breastfeeding.

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Healthy Families Stronger Communities

Breastfeeding Builds a Kinder Brighter World