



PHILIPS

AVENT

Mother and child care

# Knowledge is power

don't be afraid  
to ask questions

While breastfeeding is natural, it can take a while to adopt a technique which suits you and your baby<sup>1</sup>.

- **Only 41% of women complete a breastfeeding class during pregnancy; over 60% of those who don't feel that it is not necessary or simply don't know about this option<sup>2</sup>.**

Furthermore, women who ask for advice from healthcare professionals are also more likely to continue breastfeeding for longer.

- **Almost 70% of women who breastfeed for 7 to 12 months have access to a lactation consultant compared with only around 55% among those who stop breastfeeding within the first 3 months<sup>2</sup>.**

If you are experiencing problems breastfeeding, don't be afraid to ask for support from your healthcare professional.

# Feeding

our future

#feedingourfuture

Philips Avent is a premium partner of EFCNI and supports the European Standards of Care for Newborn Health project

**EFCNI** european foundation for the care of newborn infants

#### References

1. World Health Organization. [http://www.who.int/nutrition/topics/exclusive\\_breastfeeding/en](http://www.who.int/nutrition/topics/exclusive_breastfeeding/en); accessed June 2016; 2. De Jager M, et al. 2012