
INSIGHT

WTC COMMUNITY WEEKLY



World Breastfeeding Week

Happy World Breastfeeding Week to all awesome mothers out there!

Breastfeeding can be tiring and stressful, but it ensures your child's health and survival. It provides all the energy and nutrients needed for the first months of life, and it continues to provide up to half or more nutritional needs during the second half of the first year, and up to one third during the second year of life.

Which is why WHO and UNICEF recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life, continuing up to 2 years and beyond after being introduced to solids.

For mothers, breastfeeding reduces post-partum bleeding, risk of breast and ovarian cancers, and both types of diabetes.

So, ready to work, pump and repeat?

Yours truly,
the community editor

New Facility

We are preparing something exclusive for breast-feeding & breast-pumping mothers at the WTC Complex, find out soon on @wtc.jakarta
