

International Board Certified Lactation Consultants (IBCLCs) play a multi-disciplinary role that straddles generalised support for breastfeeding and allied health care. This improves maternal and infant survival, health and well-being throughout the antenatal, birth and postnatal periods

Here is how breastfeeding is linked to the **Sustainable Development Goals (SDGs)** and contributes to global maternal and infant survival, health and well-being.



NO POVERTY: Breastfeeding is a natural and low-cost way of feeding babies and children, with no additional burden on household budgets.



GOOD HEALTH & WELL-BEING: Breastfeeding improves the short- and long-term health and well-being of the mother-infant dyad.



QUALITY EDUCATION: Breastfeeding contributes to cognitive development when combined with good quality complementary food.



REDUCED INEQUALITIES: Breastfeeding needs to be protected, promoted and supported, particularly among poor and vulnerable groups.



SUSTAINABLE CITIES & COMMUNITIES: Breastfeeding needs to be normalised in all public spaces.

Protect, promote and support breastfeeding through the



As an IBCLC, you can support breastfeeding in many ways

1. Empower the mother to achieve her breastfeeding goals and assist with any difficulties.
 2. Provide information and training on the science of lactation and clinical management of breastfeeding.
 3. Provide skilled lactation support for mothers during their breastfeeding journey, and help them to overcome difficulties.
 4. Apply a holistic health model to monitor growth and development (baby) and health and well-being (mother).
 5. Facilitate the development of programmes, research and policies to support breastfeeding and lactation.
6. Empower mothers with strategies (e.g. hand expression) to enable her to combine breastfeeding and work.
 7. Work together with others to ensure a continuum of care for the breastfeeding dyad.
 8. How else can YOU support breastfeeding...
 - ▶ in your care?
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 - ▶ in your community?
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 - ▶ in your country?
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