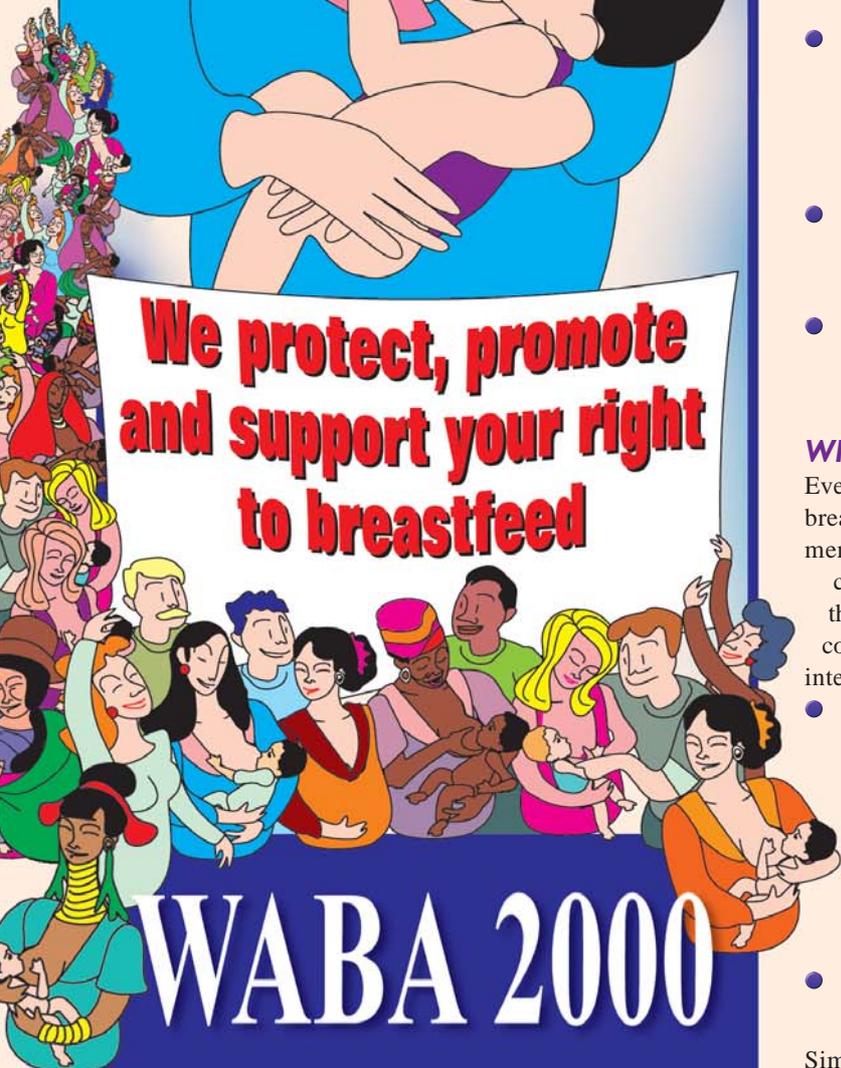


# Breastfeeding it's your right



**We protect, promote  
and support your right  
to breastfeed**



# WABA 2000

Each year, the World Alliance for Breastfeeding Action launches World Breastfeeding Week (WBW) which takes up a theme that is important in the protection, promotion and support of breastfeeding. This year, WBW focuses on breastfeeding as a human right. New research is constantly revealing ever more clearly that it is not possible for infants and their mothers to achieve optimal health unless the conditions are created that allow women to practise exclusive breastfeeding for about six months and to continue breastfeeding, while providing adequate complementary foods, up to two years of age and beyond. Breastfeeding is a right of mothers and makes a major contribution to the realization of the child's right to food, health and care.

### **The WBW 2000 goals are**

- to raise awareness about the fact that breastfeeding is a right for both mother and child;
- to provide information about formal and legal mechanisms that exist internationally and that either do or should exist at national level; and
- to stimulate a shift in public thinking so that this right is respected, protected, facilitated and fulfilled at household, community and government levels in every country.

### **How can breastfeeding be a human right?**

- Women and children are subjects of human rights, not objects of charity.
- Breastfeeding is part of fundamental human rights: the right to food and to health.
- Breastmilk is the best food for infants. It continues the nourishment and protection the baby received through the umbilical cord. It provides a nutritionally balanced food for infants and acts in the same way as immunisation, reducing the chance that they get certain diseases
- The act of breastfeeding is an essential component of good child care, contributing to psychosocial development and healthy growth.
- Breastfeeding contributes to every woman's right to health by reducing her risk of getting breast and ovarian cancer, iron deficiency anemia, and hip fracture.

### **Who has the right?**

Every woman has the right to breastfeed her child. Most governments have

committed themselves to assuring the realization of the rights contained in one or more of these international instruments:

- Convention on the Rights of the Child (CRC),
- International Covenant on Economic, Social and Cultural Rights (CESCR),
- Convention on the Elimination of all Forms of Discrimination against Women (CEDAW), and
- International Labour Organisation (ILO) Convention on Maternity Protection.



Similarly, the International Code of Marketing of Breastmilk