



WABA | SEMAINE MONDIALE DE
L'ALLAITEMENT MATERNEL 2020

La Semaine mondiale de l'allaitement maternel 2020 (#WBW2020) met en évidence les liens entre l'allaitement maternel et la santé planétaire. Les hommes et la planète étant inter-reliés, cela implique que nous trouvions des solutions durables profitant aux deux parties. Nous pouvons tous agir sur la réduction de notre empreinte carbone⁷ et sur notre empreinte écologique⁸, à commencer par l'alimentation de nos nourrissons. L'allaitement est un exemple de solution durable.

OBJECTIFS DE LA #WBW2020



INFORMER

la population sur les liens
entre l'allaitement maternel
et l'environnement/le
changement climatique



ANCRER

fermement l'allaitement
maternel comme une
décision intelligente sur
le plan climatique



S'ENGAGER

auprès de chacun
et des organisations
pour un meilleur
impact



STIMULER

l'action en faveur de
l'amélioration de la santé de
notre planète et de la population
par l'allaitement maternel

L'allaitement maternel est l'un des meilleurs investissements dans la santé mondiale. Il permet de sauver la vie de nourrissons et d'améliorer le développement sanitaire, social et économique des individus et des nations.



**QUE PEUVENT FAIRE LES
DÉCIDEURS ?**

Aligner les politiques et orientations nationales et internationales sur l'allaitement maternel et l'ANJE avec le plan d'action des ODD et d'autres initiatives sur l'environnement et le climat.



"Designed by studlogstock / Freepik"

WABA | WORLD BREASTFEEDING WEEK
BREASTFEEDING
A Key to Sustainable Development

Sustainable Development Goals

1
End Poverty in all its forms everywhere

| | | | | | | | |
|--|---|---|--|--|---|---|--|
| <p>2</p> <p>Exclusive breastfeeding and continued breastfeeding for two years and beyond provide high-quality nutrients and protect energy and can help prevent hunger, malnutrition and obesity. Breastfeeding also means that security for infants.</p> | <p>3</p> <p>Breastfeeding significantly improves the health, development and survival of infants and children. It also contributes to improved health and well-being of mothers, both in the short and long term.</p> | <p>4</p> <p>Breastfeeding and adequate complementary feeding are fundamental for readiness to learn. Breastfeeding and good quality complementary foods significantly contribute to mental and cognitive development and thus promote learning.</p> | <p>5</p> <p>Breastfeeding is the great equalizer, giving every child a fair and best start in life. Breastfeeding is everyone's right of access and they should be supported by society to breastfeed optimally. The breastfeeding experience can be satisfying and empowering for the mother as she is in control of how she feeds her baby.</p> | <p>2</p> <p>End hunger, achieve food security and improved nutrition and promote sustainable agriculture</p> | <p>3</p> <p>Ensure healthy lives and promote well-being for all at all ages</p> | <p>4</p> <p>Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all</p> | <p>5</p> <p>Achieve gender equality and empower all women and girls</p> |
| <p>6</p> <p>Breastfeeding on demand provides all the water a baby needs, even in hot climates. On the other hand, formula feeding requires access to clean water, hygiene and sanitation.</p> | <p>7</p> <p>Breastfeeding enables low energy consumption and low carbon footprint. It also reduces the need for fossil fuels to be burnt.</p> | <p>8</p> <p>Breastfeeding women who are supported by their employers are more productive and loyal. Maternity protection and other workplace policies can enable women to combine breastfeeding and their other work obligations. Better jobs should cater to the needs of breastfeeding women, especially those in precarious situations.</p> | <p>9</p> <p>With industrialisation and urbanisation, the health and safety challenges become more prominent. Breastfeeding mothers who are enabled to combine breastfeeding and their other work obligations can contribute to the wellbeing, localisation and breastfeeding benefits can make a big difference.</p> | <p>6</p> <p>Ensure availability and sustainable management of water and sanitation for all</p> | <p>7</p> <p>Ensure access to affordable, reliable, sustainable and modern energy for all</p> | <p>8</p> <p>Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all</p> | <p>9</p> <p>Build resilient infrastructure, promote inclusive and sustainable industrialisation and foster innovation</p> |
| <p>10</p> <p>Breastfeeding practices differ across the globe. Breastfeeding needs to be protected, promoted and supported among all, but in particular among poor and vulnerable groups. This will help reduce inequalities.</p> | <p>11</p> <p>In the heart of big cities, breastfeeding mothers and their babies need to feel safe and welcome in all public spaces. One barrier and consequence of cities like this, women and children are affected disproportionately. Programs and policies should support breastfeeding mothers during such times.</p> | <p>12</p> <p>Breastfeeding provides a healthy, stable, non-polluting, non-toxic, intensive, sustainable and natural source of nutrition and nourishment.</p> | <p>13</p> <p>Breastfeeding safeguards infant health and nutrition in times of adversity and weather-related disasters due to global warming.</p> | <p>10</p> <p>Reduce inequality within and among countries</p> | <p>11</p> <p>Make cities and human settlements inclusive, safe, resilient and sustainable</p> | <p>12</p> <p>Ensure sustainable consumption and production patterns</p> | <p>13</p> <p>Take urgent action to combat climate change and its impacts</p> |
| <p>14</p> <p>Breastfeeding entails less waste compared to formula feeding. Industrial formula production and distribution lead to waste that pollutes the seas and affects marine life.</p> | <p>15</p> <p>Breastfeeding is ecological compared to formula feeding. Formula production implies dairy farming that often puts pressure on natural resources and contributes to carbon emissions and climate change.</p> | <p>16</p> <p>Breastfeeding is endorsed in many human rights frameworks and conventions. National legislation and policies to protect and support breastfeeding mothers and babies are needed to ensure that their rights are upheld.</p> | <p>17</p> <p>The Global Strategy for Infant and Young Child Feeding (IGYCF) fosters multi-sectoral collaboration, and can build upon existing partnerships for support of development through breastfeeding programs and activities.</p> | <p>14</p> <p>Conserve and sustainably use the oceans, seas and marine resources for sustainable development</p> | <p>15</p> <p>Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and biodiversity loss</p> | <p>16</p> <p>Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels</p> | <p>17</p> <p>Strengthen the means of implementation and revitalize the global partnership for sustainable development</p> |

QUE PEUVENT FAIRE LES DÉCIDEURS ?

Veiller à ce que le Code international de commercialisation des substituts au lait maternel et les résolutions correspondantes de l'Assemblée mondiale de la santé (AMS) soient pleinement mis en oeuvre et contrôlés.



"Designed by studiogstock / Freepik"



QUE PEUVENT FAIRE LES DÉCIDEURS ?

Veiller à ce qu'une démarche de santé publique soit adoptée pour renforcer l'IHAB et les conseils en matière d'allaitement au sein de la population en général, y compris dans les situations d'urgence.



"Designed by studiodstock / Freepik"



QUE PEUVENT FAIRE LES DÉCIDEURS ?

Investir dans des programmes de formation cohérents pour les professionnels de la santé de différents niveaux, les consultants en lactation, les agents de santé communautaires et les soutiens non professionnels/pairs.



"Designed by studiogstock / Freepik"



QUE PEUVENT FAIRE LES DÉCIDEURS ?

Adopter des politiques de congé familial payé et d'allaitement maternel sur le lieu de travail en se basant sur la Convention C183 pour la protection de la maternité de l'Organisation internationale du travail (OIT) comme norme minimale.



"Designed by studiogstock / Freepik"



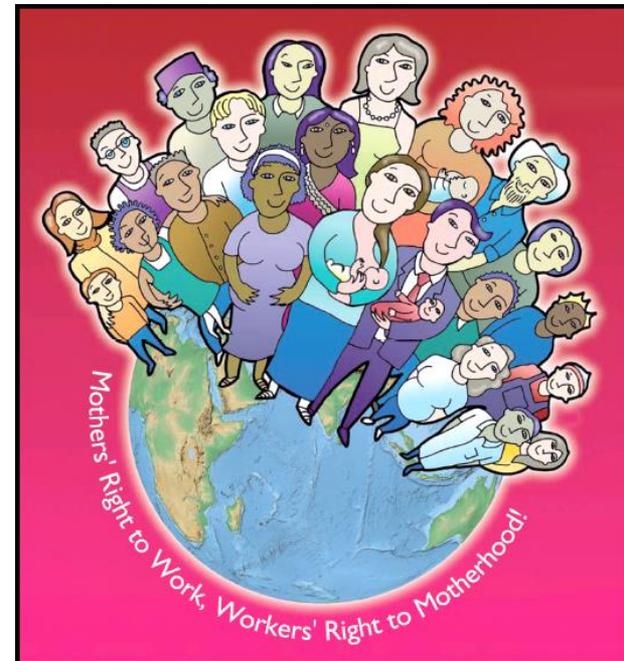
PARENTS AT WORK

Leave & Breastfeeding Breaks by Country

Parents at Work: Leave & Breastfeeding Breaks by Country is an advocacy tool developed by the World Alliance for Breastfeeding Action (WABA) as part of the Empowering Parents Campaign (EPC). The EPC aims to promote social protection that will facilitate the integration of parents' productive and reproductive work in both formal and informal sectors. Family-supportive policies, that enable women to remain and progress in paid employment and encourage men to take their fair share of care work, are crucial to achieving greater gender equality at work and at home. [Guest blog](#) includes parental social protection policies and legislation, public-funded paid leave and parent-friendly or family-friendly workplaces that help transform social norms, protect workers from job discrimination and help achieve the balance in work and family life for all workers in line with several of the [Sustainable Development Goals](#).



This tool summarizes the nationally mandated leave (maternity, paternity and parental), breastfeeding breaks, and the provider of these benefits in 108 countries. To date, 28 countries have ratify the [Maternity Protection Convention, 2000 \(No. 183\)](#), which sets the minimum global standards. Out of 108 countries studied, paternity and parental leave are only available in 100 and 86 countries respectively, and most countries offer at least some paid maternity leave. Progress is slow in meeting the World Health Organization (WHO) recommendation for the provision of at least 6 months paid leave to support exclusive breastfeeding. Approximately half of the countries worldwide meet the International Labour Organization (ILO) standards including 47% of low-income countries, 42% of middle-income countries, and 77% of high-income countries. Use this tool to advocate for gender-equitable parental social protection that will empower parents and enable breastfeeding in the context of both formal and informal work sectors.



QUE PEUVENT FAIRE LES DÉCIDEURS ?

Une chaîne de soutien chaleureuse crée un environnement favorable qui permet à toutes les femmes/ parents d'allaiter de façon optimale. Ensemble, nous pouvons parvenir à une situation gagnant-gagnant pour l'humanité et la planète.

**UNE SOLUTION DURABLE POUR
LA PLANÈTE ET SES HABITANTS**



5 FAÇONS DE CÉLÉBRER LA #SMAM2020

1. Partagez sur nos plateformes de réseaux sociaux :
 - a. vos expériences d'allaitement maternel et le soutien dont vous avez besoin pendant la pandémie de COVID-19
 - b. vos réflexions sur les liens entre l'allaitement maternel et l'environnement / le changement climatique
2. [Engagez-vous](#) et relatez vos activités (physiques ou virtuelles) dans le cadre de la #SMAM2020
3. Écoutez nos podcasts #SMAM2020 et envoyez-nous vos questions ou commentaires
4. Participez à l'événement Ask Me Anything (AMA) de la #SMAM2020
5. Suivez le [site de la SMAM](#) (en anglais) et les plateformes de réseaux sociaux ([Facebook](#), [Twitter](#) et [Instagram](#)) pour plus d'idées d'activités et d'actualités

Dites-nous comment vous comptez participer pour célébrer
la #SMAM2020 !