



WABA | 世界母乳喂养周2020

#WBW2020 则强调母乳喂养与地球健康之间的联系。人与地球的相互关联性要求我们必须找到双赢的可持续解决方案。我们可以从喂养婴儿的方式开始来减少碳足迹和生态足迹。

母乳喂养是可持续性解决办法的一个范例。

#WBW2020的目标



告知

向人们宣传母乳喂养与
环境 / 气候变化之间
的关联



坚定

坚定母乳喂养是
一项气候智能型
决定



吸引

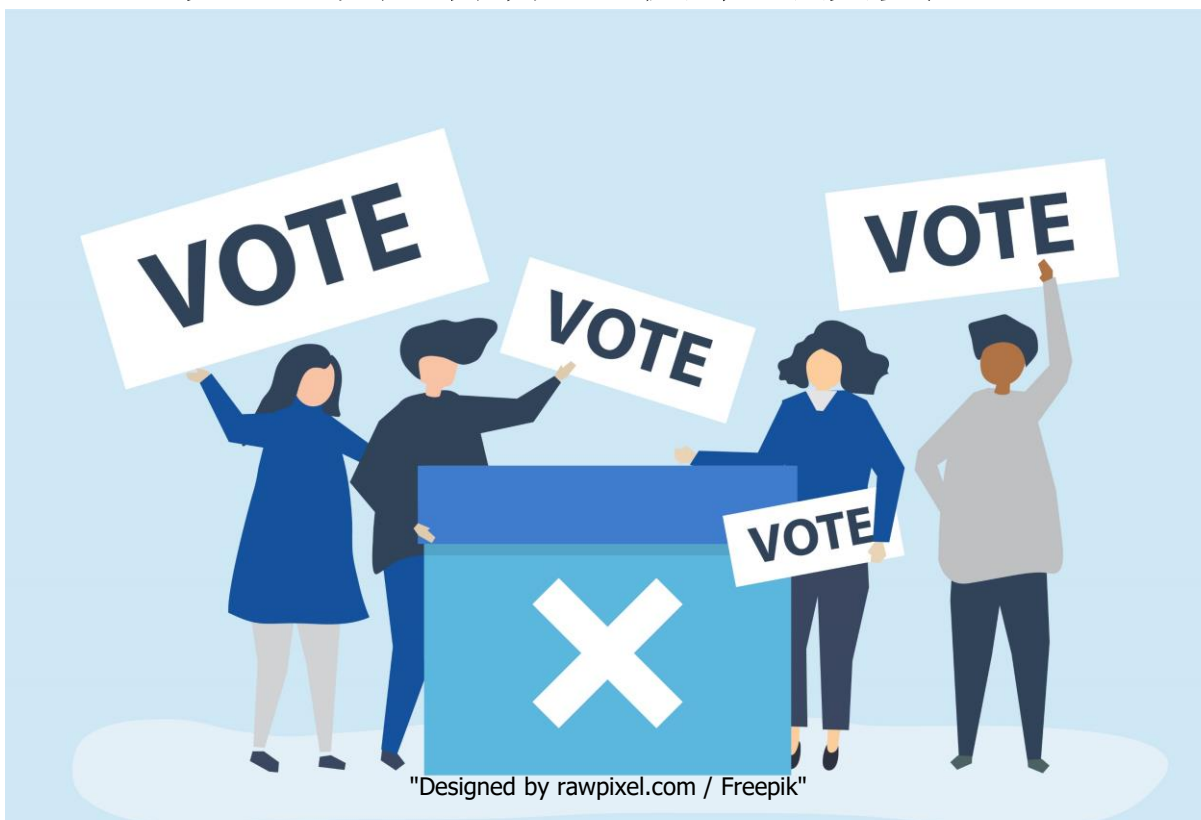
让个人与团体都能
参与其中，以便产
生更大的影响力



激励

让人们行动起来，通过
母乳喂养，促进地球与
人类的健康

对拯救婴儿生命以及提高个人与国家的健康和社会经济发展来说，母乳喂养是最好的投资之一。



决策者能提供什么帮助？

使国内和国际上关于母乳喂养、婴幼儿哺育政策和指南与可持续发展目标计划以及其他与环境/气候相关的倡议保持一致。



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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 absorbent energy and can help prevent longer hospitalizations 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 a woman's right of access and they should be supported by society to breastfeed optimally. The breastfeeding experience can be 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 entails less energy consumption and greenhouse gas emissions. It also reduces the need for electricity, diesel fuel and fuel oil for the home.</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 continue breastfeeding and their other work responsibilities. Better job should cater to the needs of breastfeeding women, especially those in precarious situations.</p>	<p>9</p> <p>With industrialization and urbanization, the world and cities challenges become more pronounced. The breastfeeding mothers who are already the home need to manage these challenges and be supported by employers, their communities and governments. Crèches near the workplace, lactation rooms and breastfeeding breaks 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 bustle of big cities, breastfeeding mothers and their babies need to feel safe and welcome in all public spaces like libraries and recreational spaces. Girls, women and children are affected disproportionately by air pollution and can bring women breast pumps to work 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 (2025) fosters multi-sectoral collaboration, and can field open sector 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>

决策者能提供什么帮助?

确保这些政策被完善地实施和监督：《国际母乳代用品销售守则》和相关的世界卫生大会决议。



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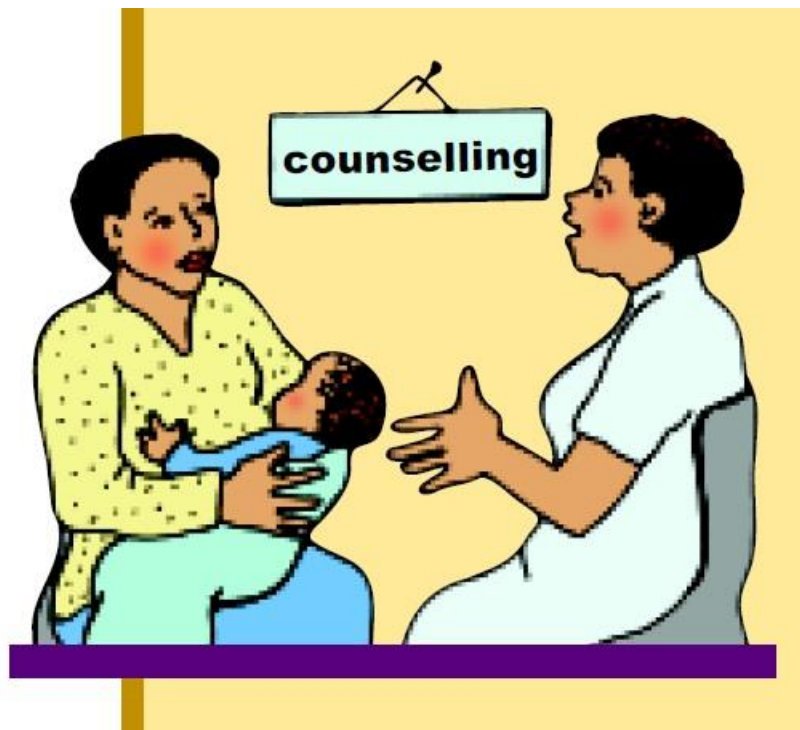


决策者能提供什么帮助？

确保在普通民众和紧急情况下，从公共卫生角度强化爱婴
医院倡议和母乳喂养咨询。



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决策者能提供什么帮助？

为不同层级的健康卫生专业人士、泌乳顾问、社区健康工作者和业余/同侪支持者的一致培训进行投资。



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决策者能提供什么帮助？

以国际劳工组织 (ILO) 和第183号《保护生育公约》为基本准则，实施带薪家事假以及工作场所哺乳政策。



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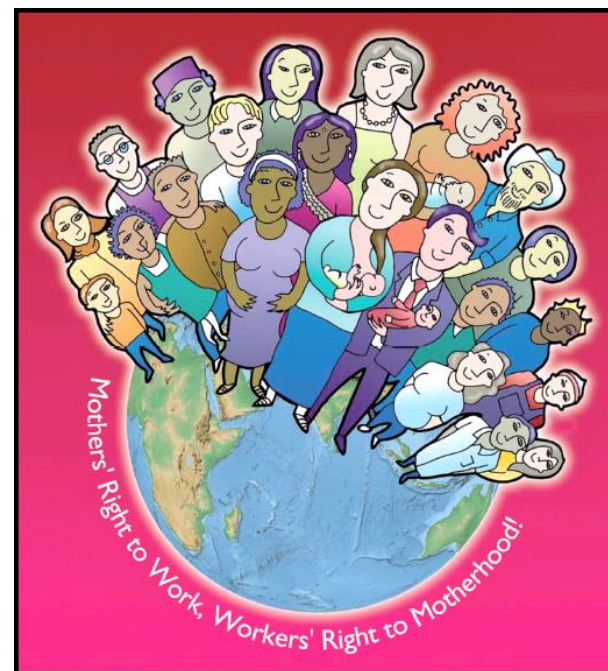
PARENTS AT WORK

Leave & Breastfeeding Breaks by Country

Parents at Work: Leave & Breastfeeding Breaks by Country is an advisory 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. [Parental Leave](#) 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.



决策者能提供什么帮助？

以温暖的支持链创造一个有利的环境，使所有妇女/父母都能进行最佳的母乳哺育。共同努力，我们可以实现人类与地球的双赢局面。

为地球和人类提供
一个可持续发展方案



庆祝 #WBW2020 的5种方式

1. 与我们的社交媒体平台上分享：
 - a. 您在新冠肺炎疫情期间的母乳喂养经历和所需的支持
 - b. 您对母乳喂养与环境/气候变化之间联系的看法
2. 宣誓 和报告#WBW2020活动（实体和/或虚拟）
3. 收听我们的#WBW2020播客，并向我们发送您的问题/评论
4. 参加#WBW2020有问必答环节(AMA)
5. 关注 WBW 网站 和社交媒体平台（Facebook，Twitter 和 Instagram），了解更多活动创意和最新资讯

告诉我们您将如何参与庆祝#WBW2020！