



WABA | 世界母乳哺育周2020

#WBW2020 的目標，是彰顯母乳哺育與環境和氣候變化之間的關聯。人類與地球相依相存，因此亟需我們找出互利共贏的可持續方案。不論是在日常或是緊急狀態下，整合確保最佳嬰幼兒餵食的行動，對於滿足所有嬰兒的營養需求是非常關鍵的。母乳哺育是永續解決方案的範例。

國際母乳哺育週的目標 #WBW2020



告知

告知大眾母乳哺育與環境/
氣候變化之間的聯繫



錨定

以母乳哺育作為氣候
智能性決策



結合

個人與團體之力以
產生更大的影響



激勵

透過母乳哺育以促進地球
與人類的健康

母乳哺育是拯救嬰幼兒生命以及促進個人和國家健康、社會與經濟發展的最佳投資。



決策者可提供什麼幫助？

確保國家和國際的母乳哺育及嬰幼兒餵食（IYCF）政策和指南與永續發展目標（SDG）的議程和其他環境/氣候倡議立場一致。



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WABA | WORLD BREASTFEEDING WEEK
BREASTFEEDING
A Key to Sustainable Development



Sustainable Development Goals

<p>1 End Poverty in all its forms everywhere</p>	<p>1 Breastfeeding is a natural and low-cost way of feeding babies and children. It is affordable for everyone and does not burden household budgets compared to artificial feeding. Breastfeeding contributes to poverty reduction.</p>
<p>2 End hunger, achieve food security and improved nutrition and promote sustainable agriculture</p>	<p>2 Exclusive breastfeeding and continued breastfeeding for two years and beyond provide high-quality nutrients and absorbent energy and can help prevent hunger, undernutrition and obesity. Breastfeeding also means food security for infants.</p>
<p>3 Ensure healthy lives and promote well-being for all at all ages</p>	<p>3 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 Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all</p>	<p>4 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 Achieve gender equality and empower all women and girls</p>	<p>5 Breastfeeding is the great equalizer, giving every child a fair and best start in life. Breastfeeding is women'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>6 Ensure availability and sustainable management of water and sanitation for all</p>	<p>6 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 Ensure access to affordable, reliable, sustainable and modern energy for all</p>	<p>7 Breastfeeding entails less energy consumption than formula production, processing, distribution. It also reduces the need for water, treatment and fuel to heat the water.</p>
<p>8 Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all</p>	<p>8 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 or employment. Greater job security can lead to the benefits of breastfeeding, women, especially those in precarious situations.</p>
<p>9 Build resilient infrastructure, promote inclusive and sustainable industrialisation and foster innovation</p>	<p>9 With industrialisation and urbanisation, the time and space challenges become more pronounced. Breastfeeding mothers who are enabled to combine breastfeeding and their other work or employment, their confidence and competence. Crèches near the workplace, lactation rooms and breastfeeding breaks can make a big difference.</p>
<p>10 Reduce inequality within and among countries</p>	<p>10 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 Make cities and human settlements inclusive, safe, resilient and sustainable</p>	<p>11 In the context of big cities, breastfeeding countries and their business cases to their safe and welcome in all public spaces like theatre and transportation spaces. If it is, women and children are affected disproportionately. Programs and policies supporting women need to be flexible and support during such times.</p>
<p>12 Ensure sustainable consumption and production patterns</p>	<p>12 Breastfeeding provides a healthy, stable, non-polluting, non-toxic, intensive, sustainable and natural source of nutrition and nourishment.</p>
<p>13 Take urgent action to combat climate change and its impacts</p>	<p>13 Breastfeeding safeguards infant health and nutrition in times of adversity and weather-related disasters due to global warming.</p>
<p>14 Conserve and sustainably use the oceans, seas and marine resources for sustainable development</p>	<p>14 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 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>15 Breastfeeding to ecogarden 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 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>16 Breastfeeding is enshrined 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 Strengthen the means of implementation and revitalize the global partnership for sustainable development</p>	<p>17 The Global Strategy for Infant and Young Child Feeding (2012-2025) fosters multi-sectoral collaboration, and can build upon various partnerships for support of development through breastfeeding programs and activities.</p>

決策者可提供什麼幫助？

確保《國際母乳代用品銷售守則》和世界衛生大會（WHA）的相關決議可以全面實行和受監測。



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決策者可提供什麼幫助？

確保從公共衛生角度加強給予大眾的愛嬰醫院倡議（BFHI）
和母乳哺育諮詢，包括在緊急情況下也可提供服務。



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決策者可提供什麼幫助？

為不同階層的健康專業人員、泌乳顧問、社區衛生工作者和非專業/同儕支持者提供一致性的培訓計劃進行投資。



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決策者可提供什麼幫助？

根據國際勞工組織（ILO）母性保護公約C183的最低標準，制定帶薪家庭休假職場母乳哺育政策。



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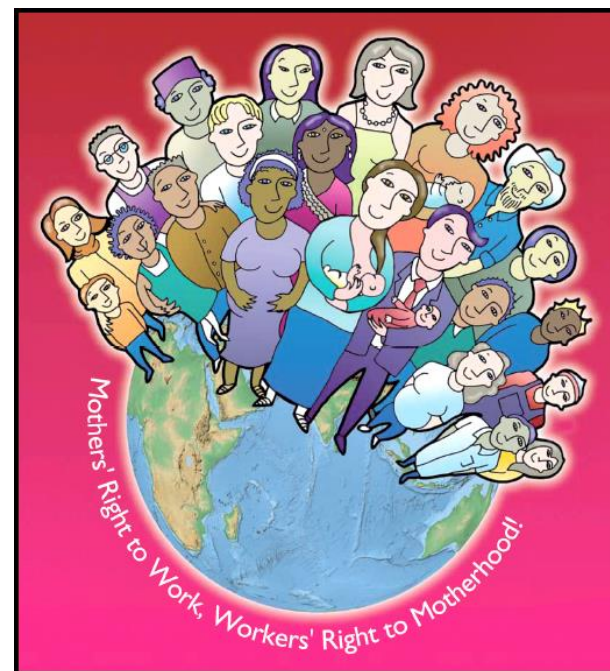
PARENTS AT WORK

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.



決策者可提供什麼幫助？

暖鏈支持行動建立一個使所有婦女/家長在最理想的狀態下哺育母乳的增能環境。透過攜手努力，我們就能達到人類與地球雙贏的結果。

對地球與人類
永續的解決方案



慶祝 #WBW2020 的5種方法

1. 在我們的社交媒體平台上分享：
 - a. 您在COVID-19大流行期間的母乳哺育經歷和支持
 - b. 您對母乳哺育與環境/氣候變化之間聯繫的看法
2. 宣誓並報告您的 #WBW2020 活動（實體和/或虛擬）
3. 收聽我們的 #WBW2020 播客，並向我們發送您的問題/評論
4. 參與 #WBW2020 Ask Me Anything (AMA)
5. 訂閱 WBW 網站 和社交媒體平台（[臉書](#)，[推特](#) 和 [Instagram](#)）
以獲取更多活動想法和最新資訊

告訴我們您將如何參與慶祝#WBW2020！