

# Breastmilk changes.

## Birth

Colostrum provides immunities and protects gut.

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## 6 Weeks

Breastmilk has its highest concentration of antibodies.

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## 3 Months

Breast milk is full of calories to bulk up for upcoming milestones.

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## 6 Months

Breastmilk is high in omega acids essential for brain development.

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## 12 Months+

Breastmilk is high in calories and omega acids for muscle growth and brain development.

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# BREASTFEEDING

## A KEY TO SUSTAINABLE HEALTH | AUGUST 1-7



**INTEGRATED DISEASE SURVEILLANCE PROGRAMME (IDSP)**

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