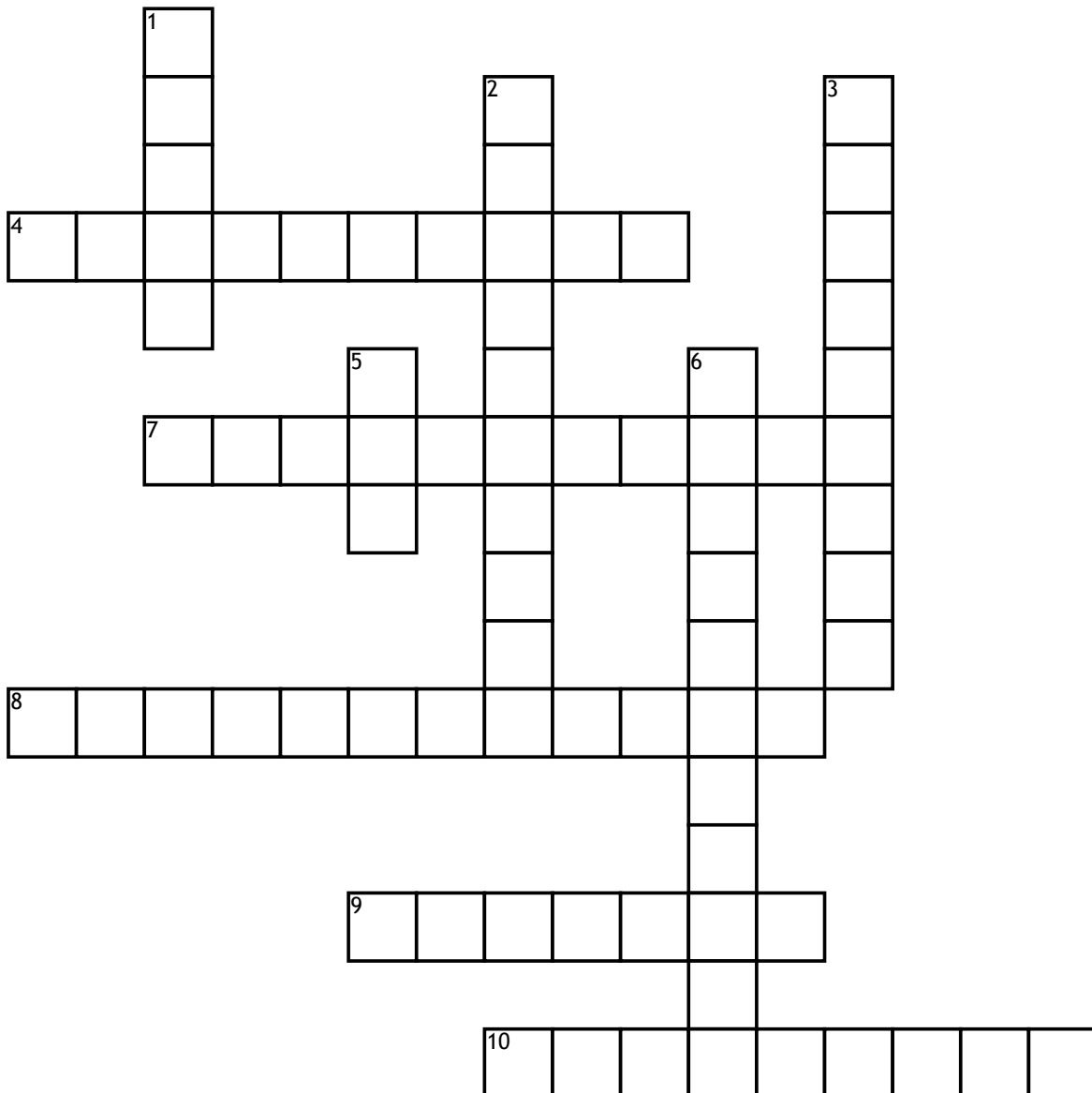


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Level 1 benefits of breastfeeding for baby and mum



### Across

4. Especially in emergencies, babies need a clean and safe source of food. What would that be?
7. Formula feeding involves manufacturing of a processed food in a factory, plastic products, more packaging then disposal in landfills. Breastfeeding helps to avoid these issues by protecting what?
8. Exclusive breastfeeding is a natural method of helping to space pregnancies. What else could this called? 2 words
9. How does exclusive breastfeeding affect the risk of ovarian and breast cancer?
10. Exclusive breastfeeding saves lives and protects the baby against disease. Breastmilk has anti-viral, anti-fungal properties. Another well known property is anti..... Fill in the word

### Down

1. A mum will save this if she does not have to buy infant formula and feeding equipment .
2. Breastfeeding is all about the relationship between a mother and a baby. In the early days, what will help with the bonding? 3 words
3. Ear, throat, chest, bladder infections and vomiting and diarrhoea are all less with what type of baby?
5. Breastmilk provides all the nutrients a baby needs for how many months?
6. Exclusive breastfeeding helps to mature the immune system to keep us healthy. Good bugs are known to cross into the baby's brain and help with brain what? 1 word