

# *Cubans Mark World Breastfeeding Week*

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Havana, August 1 (RHC)-- Cubans are holding a series of actions marking World Breastfeeding Week, running until August 7th, according to the Maternal and Children Department of the island's Health Ministry announced.

Activities include a scientific forum at Havana's 10 de Octubre Maternity Hospital, which is celebrating its 90th anniversary this year. The forum includes presentations, lectures and poster sessions and other subjects related to the date.

High on the agenda is the opening of a national breastfeeding digital network on [www.infomed.sld.cu](http://www.infomed.sld.cu), and the certification of neighborhood medical offices, maternal homes for pregnant women, hospitals as part of an initiative called Friends of the Mother and her Child.

Other activities include educational forums at work centers and communities in support of breastfeeding, which is recommended by the World Health Organization for all babies up to six months and then continued until two years of age, combined with a complementary diet.

World Breastfeeding Week was established by the world institution and the UNICEF in 1992. The date is marked in over 120 countries and this year it is being observed with the slogan: "Breastfeeding: A Winning Goal - for Life!" -- since it is the best way to provide the newborn with the necessary nutrients.



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