

The *RIGHT* to Choose?

Every woman has the right to choose how to feed her baby

BUT she has no choice

- if she has no knowledge about breastfeeding;
- if she cannot get impartial information about hazards and contents of infant food products;
- if she has no support from family, friends, health workers and employers;
- if she was brought up to lack pride and confidence in her body;
- if she sees the media portray breastfeeding negatively;
- if her government or the health workers who care for her are as committed to the companies as they are to her welfare.

If we recognise the woman's *right* to chose,

we must ensure the woman has

- the *right* to correct information;
- the *right* to legal protection and social support for breastfeeding in public and at work;
- the *right* to skilled counselling and sympathetic support.

Merely telling women to breastfeed or acknowledging their right to do so, while not removing the obstacles and ensuring that women receive the necessary support to breastfeed, is not enabling women to carry out their decision.

**Recognise the obstacles breastfeeding women face
and help to remove them.**

Adapted from WABA World Breastfeeding Week Pack 1995 www.waba.org.my

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