

Poster competition

for schools in Torfaen

WIN

An IPOD TOUCH* (32GB)



and see your design throughout Torfaen in May 2009

TO ENTER: design a poster for **BREASTFEEDING AWARENESS WEEK 2009**

The poster must:

- ◆ be clear and eye-catching
- ◆ promote National Breastfeeding Awareness Week: May 10th-16th 2009
- ◆ invite questions/evoke curiosity/encourage discussion
- ◆ be your own original work

What is NATIONAL BREASTFEEDING AWARENESS WEEK?

National Breastfeeding Awareness Week is run by the Department of Health to promote the healthiest feeding option for babies and mothers - breastfeeding!

Why promote breastfeeding?

Breastfeeding is best for baby and mother for many reasons. Here are just a few:

- ◆ Breast milk is the perfect food for your baby, nothing comes close to it
- ◆ Breast milk is always the right temperature
- ◆ Breastfed babies go to the doctor less often
- ◆ Breastfed babies are brighter
- ◆ Breastfeeding lowers mum's risk of breast cancer, and baby's risk of allergies
- ◆ Breast milk is free!

More reasons can be found on our website: www.breastfeedingtorfaen.org.uk

Why is Breast Start running this competition?

We would like women to recognise their right to breastfeed at any time in any place.

We also want friends, family and health professionals to provide support for breastfeeding



TORFAEN SCHOOLS COMPETITION

through BREAST START
Mums supporting Mums in Torfaen



*no alternative to the prize will be given