



**vamos dar**  
**de mamar**

# The Project

- Promote, protect and support breastfeeding;
- Increase the number of women who breastfeed exclusively until 6 months and maintain it for as long as both wish;
- Train more health professionals for good breastfeeding practices;
- Create community spaces of support.



"So that breastfeeding, so good for the baby, is a unique and rewarding experience for the mother."



# Breastfeeding space

Space dedicated to parents and parents-to-be for:

Acquire good practices that favor breastfeeding;

Share experiences and clarify doubts during the breastfeeding process.

"At the breast, in addition to food, the baby seeks and finds affection, consolation and security."



# Home Visits

Service "Let's breastfeed... at home!"

Support for pregnant women, couples, mothers and newborns with doubts and/or difficulties in breastfeeding, colostrum collection, return to work, pumping, breastfeeding twins, etc.



# Home Visits

**Problem:** Lack of postnatal support affects maternal confidence and child health.

**Solution:** Professional guidance and emotional support for new mothers.

**Impact (2024):** 160 mothers supported.

**Annual Need:** €14,000

**How to Help:** Help us promote breastfeeding and early nurturing for every baby.

