

羅鳳儀教授意見

**Opinion from Prof. Agnes Tiwari**

I speak today as a health professional, a mother, and a grandmother.

Some 40 years ago, as a new mother, I struggled but insisted on breastfeeding my son. I did so not because I had the knowledge about the benefits of breastfeeding as we have now, but at the time, it was a mother's instinct that breastfeeding was the right thing to do. In those days, it took a lot of determination and perseverance to insist on breastfeeding.

Today, one may think with all the knowledge and support for breastfeeding, mothers should have an easier time. But, is it?

From time to time, I hear parents expressing their concerns, about what is the best form of feeding for their infants or young children. Apparently, in a digital age when information about breastfeeding and breast milk substitutes is abundant, what parents need the most is information that is correct and unbiased. And this is one of the reasons why I support the HK Code.

I was overjoyed when I received the first picture of my grandson. It showed him being breastfed by his mother soon after birth. Now, not yet 3 months old, he is a happy and contented baby. I believe exclusive breastfeeding has given him a good start in life. I also believe that we owe it to our children and our children's children to support breastfeeding.

There is plenty of evidence to validate the benefits of breastfeeding and we also know that the benefits are proportional to the duration and exclusiveness of breastfeeding. Therefore, it makes perfect sense to support exclusive breastfeeding and to continue breastfeeding to 2 years of age or beyond.

One day, our children or our children's children may ask us: you knew breastfeeding was good for me, why didn't you do something? Well, now is the time to act and to do what's good for our future generation.

I support the government's plan to promulgate the voluntary HK Code. Thank you.