



# Socrates, Alice, and Baby



Socrates, Alice,  
and Baby



## Foreword

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Dear parents and children,

Breastfeeding has particularly great importance not only for the infant and the mother but also for public health overall. For the infant, it ensures the ideal nutrition, as breast milk contains all the necessary nutrients (proteins, fats, carbohydrates, vitamins, minerals) in correct proportions. It also provides immune protection, since it contains antibodies, leukocytes, and immune factors that protect the baby from infections (respiratory, gastrointestinal, etc.). Finally, it supports healthy growth & development by reducing the risk of obesity, type 1 and type 2 diabetes, allergies, asthma, and cardiovascular diseases later in life, while also strengthening the emotional bond: it deepens the mother–child connection, offering security and psychological stability.

For the mother, breastfeeding reduces the risk of breast and ovarian cancer, helps prevent osteoporosis, and contributes to faster recovery after childbirth. It assists in losing pregnancy weight through calorie burning, and finally enhances self-confidence while reducing the risk of postpartum depression.

The World Health Organization (WHO) recommends exclusive breastfeeding for the first 6 months of life and continuing breastfeeding, alongside the introduction of solid foods, up to at least 2 years of age or even longer.

This book is a continuation of the first two books on Public Health

and childhood obesity, featuring the same characters (Alice and Socrates), and includes a section that highlights the role of breastfeeding in preventing childhood obesity, mainly through better appetite regulation, the composition of milk, and healthy weight gain.

The book seeks for to familiarize children, in a friendly and cognitively simple way, with breastfeeding, and help them accept it. Breastfeeding is not simply a biological process, but a daily practice that influences the family's routine, relationships, and organization. Integrating breastfeeding into everyday life requires support, adaptation, and cooperation. At the same time, the book aims to educate both parents and children and to spark conversations within the family about breastfeeding.

The editorial team and I hope you enjoy this manual and that it becomes a valuable tool for our knowledge about breastfeeding.

**Gabriel Dimitriou**

**Professor of Pediatrics and Neonatology, University of Patras  
Director, Pediatric Clinic – NICU – PICU, University General Hospital of Patras**



# Socrates, Alice and Baby

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- **Sofia Giannelou**  
Midwife, MSc Public Health

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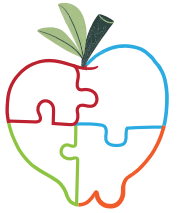
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Baby will need milk  
many times every day.





We're all getting ready  
for baby brother!



Mommy's milk  
is perfect food.





Welcome home!





My body remembers what  
to do. But I can always  
ask for help if needed.







I'm calling the lactation expert  
who can visit us today.



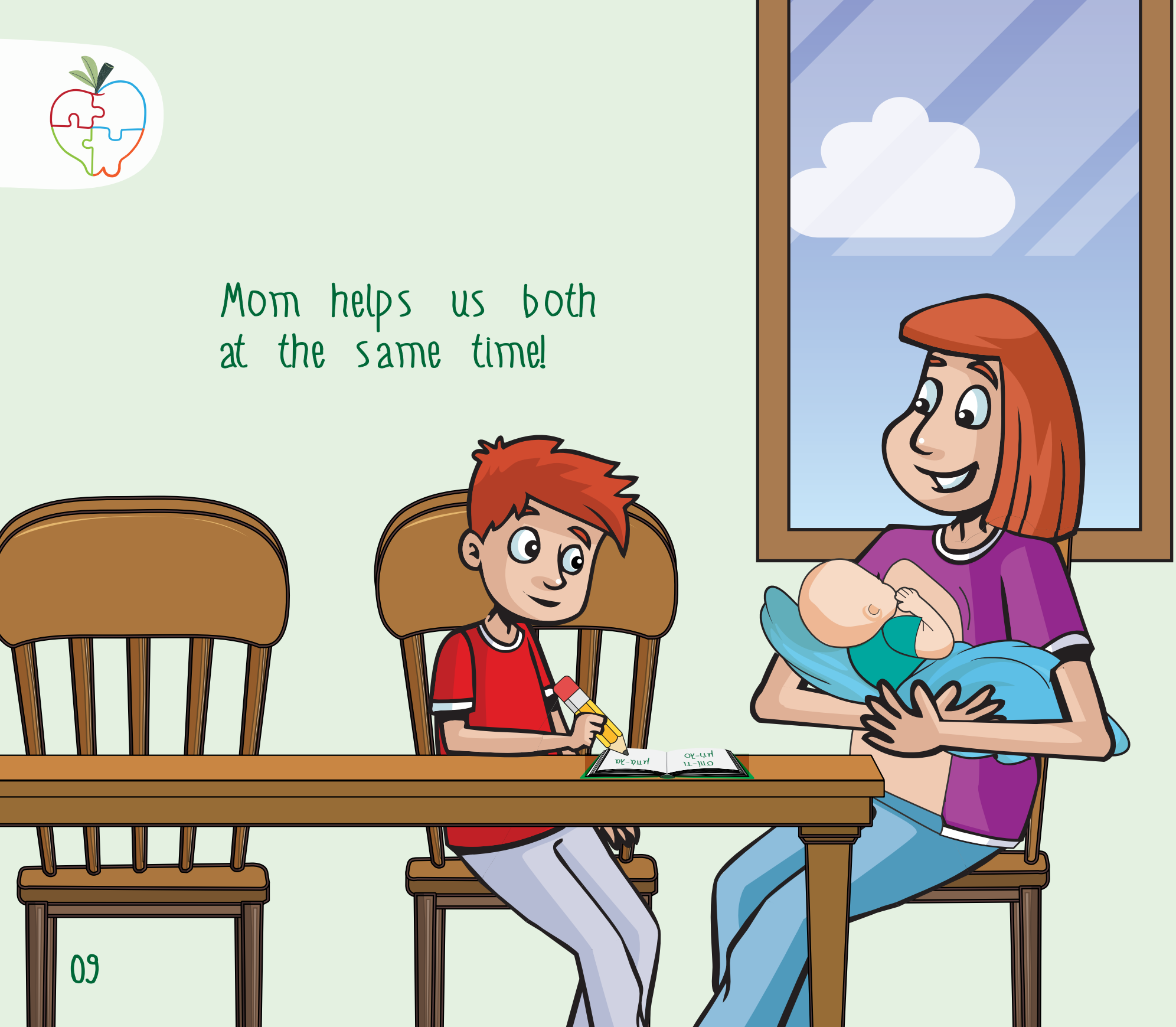


The lactation consultant shows us how to help baby latch properly





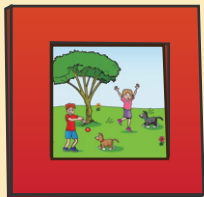
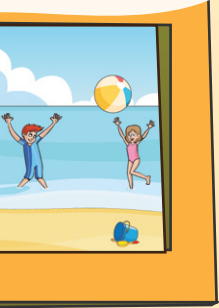
Mom helps us both  
at the same time!



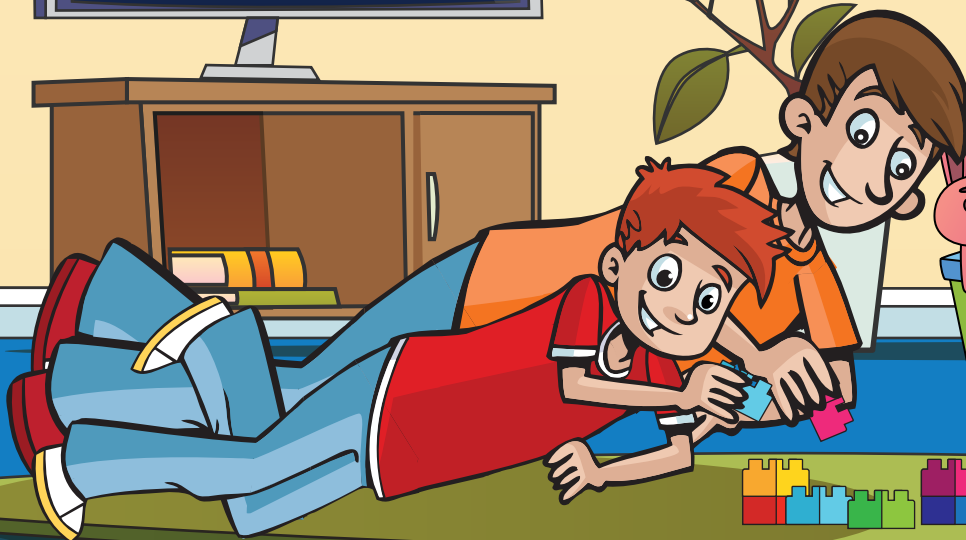
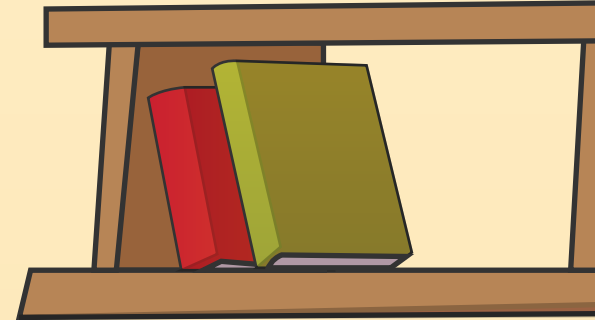
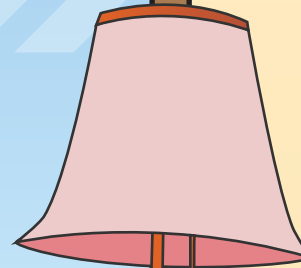


I drew our family  
with the baby!





In our family, we all  
take care of each other



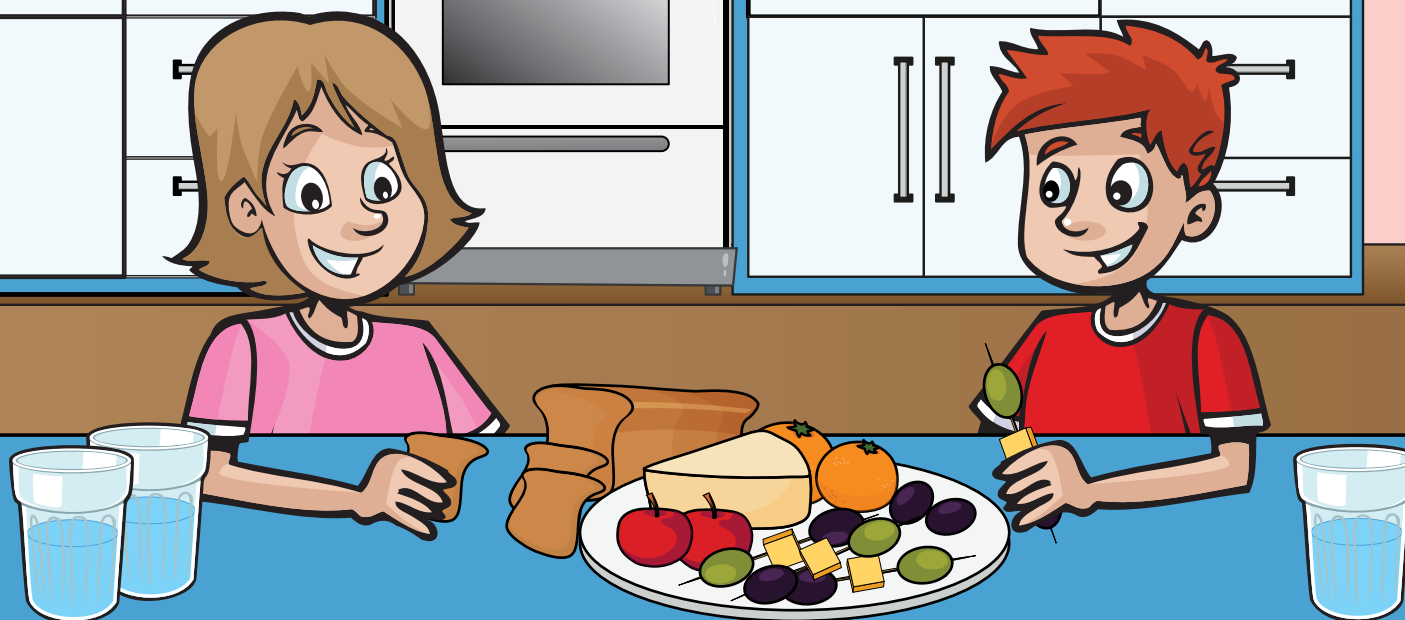
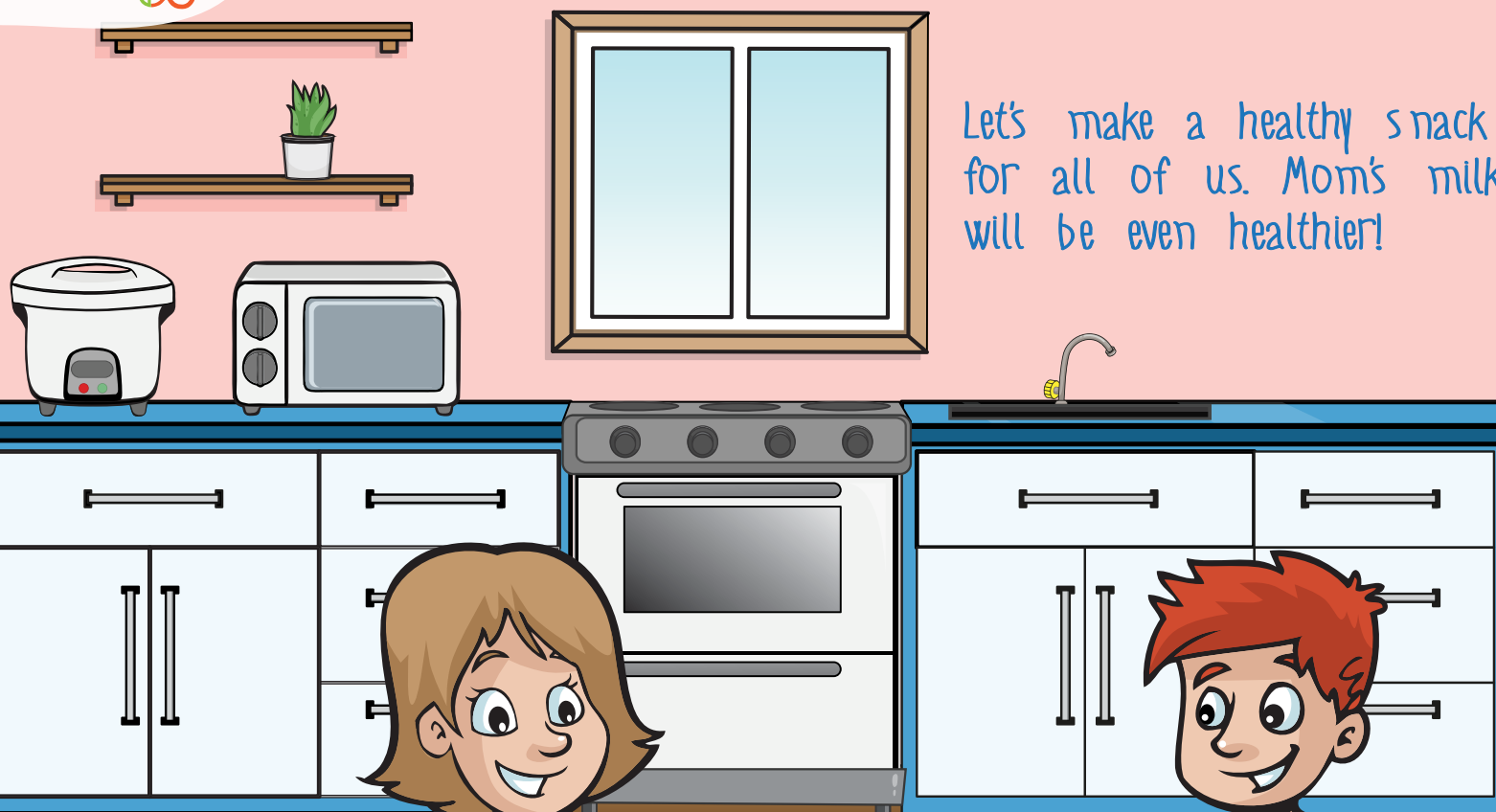
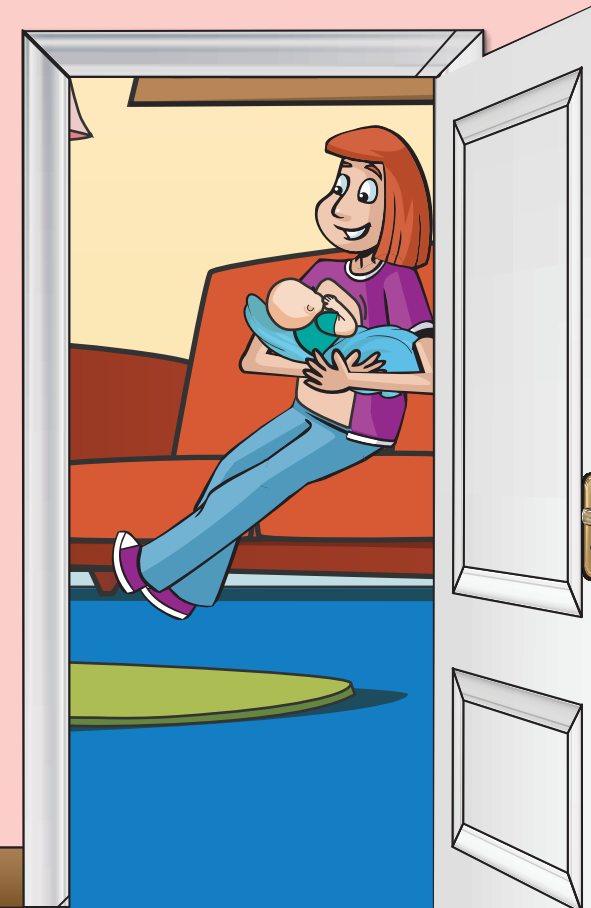


It's important for me  
to drink water to eat well  
and rest.

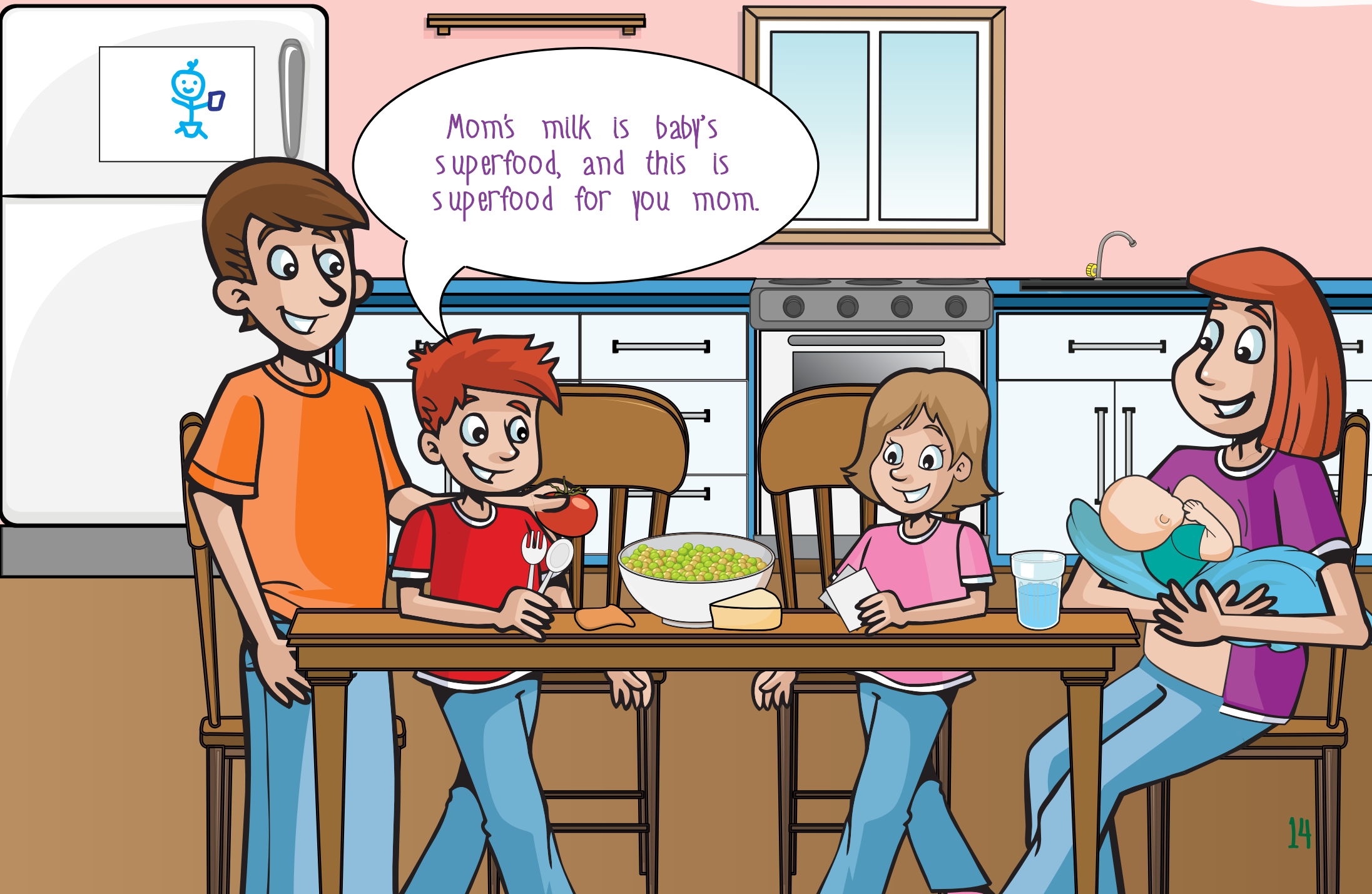




Let's make a healthy snack  
for all of us. Mom's milk  
will be even healthier!







Mom's milk is baby's  
superfood, and this is  
superfood for you mom.



Soon you'll eat with  
us too.







Mom can store her special  
milk so baby always gets  
the best food, even  
when she is not here.

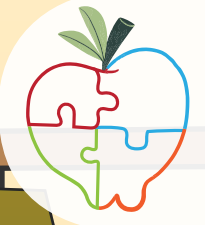




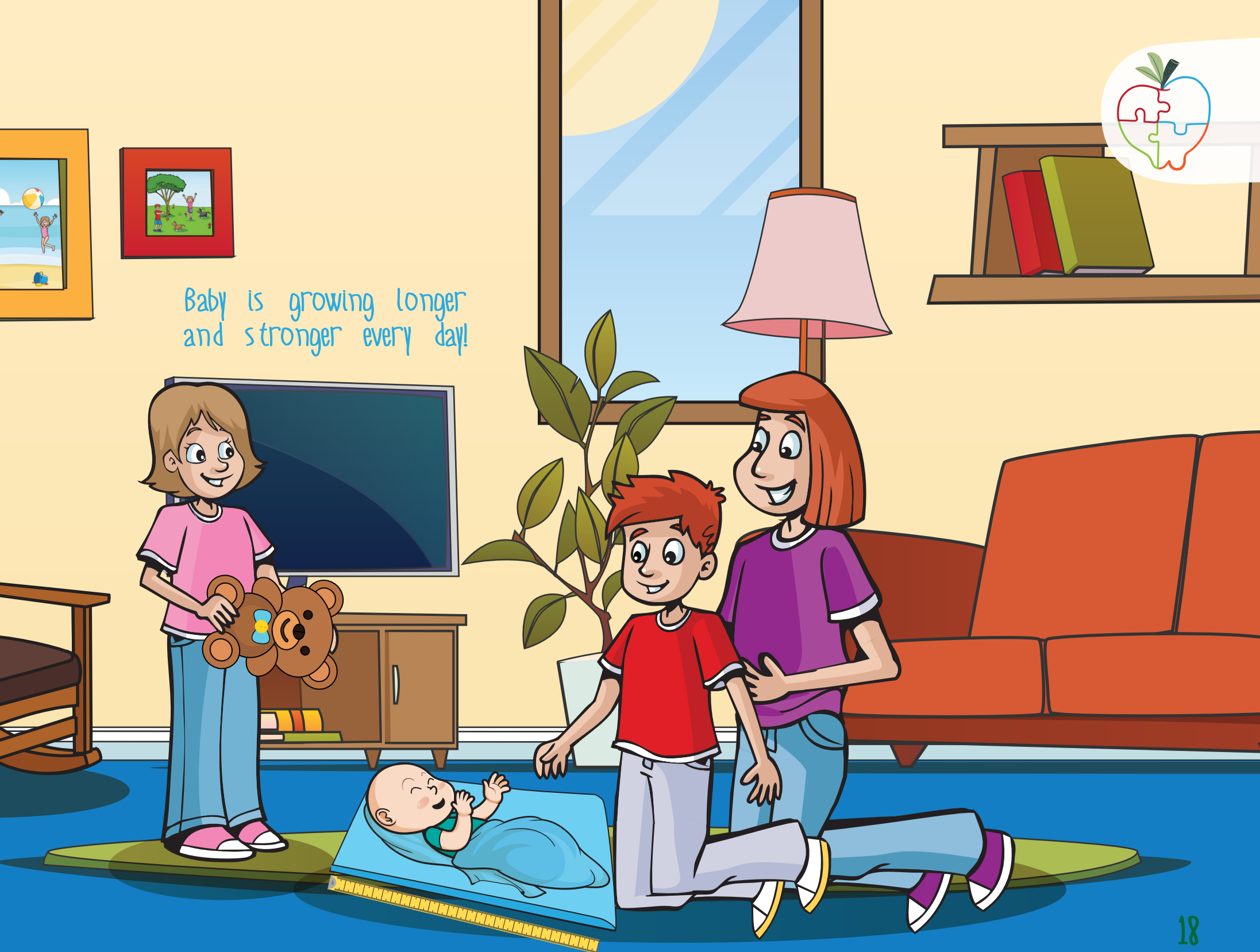
I can breastfeed  
wherever we go.

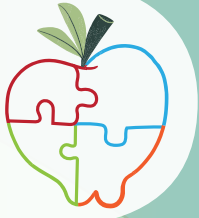
It's the baby's right  
to eat when hungry.





Baby is growing longer  
and stronger every day!





We can play with the baby during his bath time!

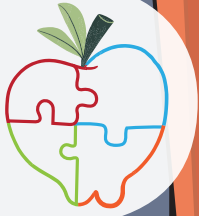




Our family grows  
stronger together.

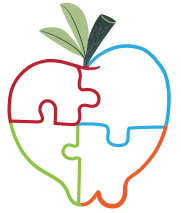






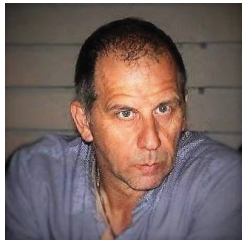
Family story-time is so special!





## A few words for the authors

### Coordinator



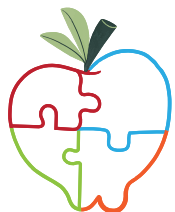
**Apostolos Vantarakis,**  
**Professor of Hygiene, Department of Medicine, University of Patras**

He was born in Patras and has served as an Assistant Professor in the Department of Medicine at the Democritus University of Thrace, Greece, for 4 years (June 2004 – May 2008). He worked as a Technical Inspector at the Hellenic Food Authority and the Ministry of Rural Development, as Head of the Laboratory Controls and Measurements Department. He was also a Technical Inspector at the Center for the Prevention of Occupational Risks / Labor Inspectorate of Western Greece.

He received his degree in Biology from the University of Patras, Greece, his M.Sc. in Genetic Toxicology from University College Swansea, Wales, UK, and his Ph.D. in Hygiene from the University of Patras. He has supervised more than 30 European and 60 Greek research projects. He has also overseen research topics focusing on socially disadvantaged groups (e.g., migrants, Roma, etc.) concerning the impact of the environment. He has supervised 12 doctoral theses, over 50 master's theses, and 40 undergraduate theses.

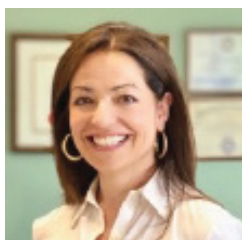
He has published more than 160 research papers in peer reviewed international journals, authored and contributed to more than 5 books, is a member of 10 scientific societies, and serves as an Associate Editor in 5 international journals. He is Director of the Postgraduate Program in Public Health. Prof. Vantariakis is Vice President of the Social Welfare Committee, President of the Services Provision Committee of the University of Patras, a member of the Bioethics Committee, and a member of the Coordinating Committee for Health and Safety at the University of Patras.

He has also served as the Representative of Medical Schools on the National Public Health Committee of the Ministry of Health. He is President of the Panhellenic Association of Bioscientists.



## A few words for the authors

### Authorship

**Emmanuella Magriplis, PhD, RD**

**Associate Professor in Nutritional Epidemiology & Public Health**

**Laboratory of Dietetics & Quality of Life**

**Department of Food Science and Human Nutrition,  
Agricultural University of Athens**

She was born in Canada and completed her undergraduate studies in Clinical Dietetics, Nutrition, at McGill University (Canada). She obtained her MSc in Epidemiology at the London School of Hygiene and Tropical Medicine (University of London), and her PhD in Greece (Agricultural University of Athens - AUA).

She is an Associate Professor in Nutritional Epidemiology & Public Health at AUA, and for the last two years, has been a Visiting Professor at the University of Patras (School of Medicine), Department of Hygiene. Her academic career includes active collaborations with the University of Oxford (Centre for Statistics in Medicine, CSM) on Systematic Review Protocols, and with the Aristotle University of Thessaloniki (School of Medicine) at teaching and research level.

She is the chair of the Epidemiology Working Group of the Hellenic Atherosclerosis Society, a member of the Scientific Committee of the Hellenic Food Authority (EFET), and the alternate vice-president of the Research Ethics Committee of AUA. She is involved in two European research programs focused on childhood obesity prevention, breastfeeding promotion, and mapping the intake of fermented foods across four European regions for further nutritional policy development.

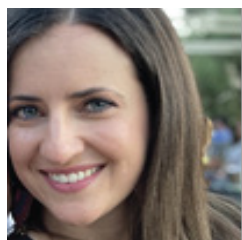
Emmanuella Magriplis has also actively participated in more than 10 national research programs, supervised 4 PhD candidates, and over 20 postgraduate students. She has published over 100 research papers in international journals, 5 books, and 3 book chapters. She is also a reviewer for scientific journals and serves in editorial positions for several established nutrition journals (e.g., EJON).





## A few words for the authors

### Authorship



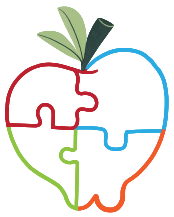
**Dr. Eleni Papachatzi,**  
**Pediatrician–Neonatologist, PGNP**

Born in Patras, she graduated from the School of Medicine at the University of Patras with a grade of "Very Good." She pursued postgraduate studies in Hygiene and Public Health at the Laboratory of Hygiene of the University of Patras, with which she collaborates to this day. She holds a Master's in Public Health with a specialization in Infectious Diseases from the National School of Public Health (University of West Attica, Athens) and a PhD from the School of Medicine at the University of Patras.

She completed her residency at the University General Hospital of Patras (PGNP) and sub-specialized in Pediatric Infectious Diseases at University College London Hospital (UCLH) and St Mary's Hospital, Imperial College Healthcare NHS Trust in London.

She currently works as an Assistant Consultant in the Neonatal Intensive Care Unit (NICU) at PGNP. She has presented her research at 35 national, European, and global conferences and has participated as a researcher in national multi-center epidemiological studies (EMENO, Hprolipsis).

Dr. Papachatzi is actively teaching undergraduate and postgraduate students at the University of Patras in the field of Public Health (Health Promotion, Social and Preventive Medicine). She also participates in volunteer activities related to Public Health, such as street actions, initiatives for vulnerable social groups, and public awareness campaigns.



## A few words for authors

### Authorship



**Sofia Giannelou,**  
**Midwife – M.Ph, St. Andrew's General Hospital**

She has been working as a Midwife and Breastfeeding Coordinator in the Obstetrics/Gynecology Clinic of the "St. Andrew's" General Hospital of Patras since 2003 to present. Since 2002, she has been involved in preparing couples for parenthood.

In 2024-2025, she participated in the Health4EUkids research program on childhood obesity, where she was responsible for educating women on breastfeeding.

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