



# Breastfeeding the natural choice



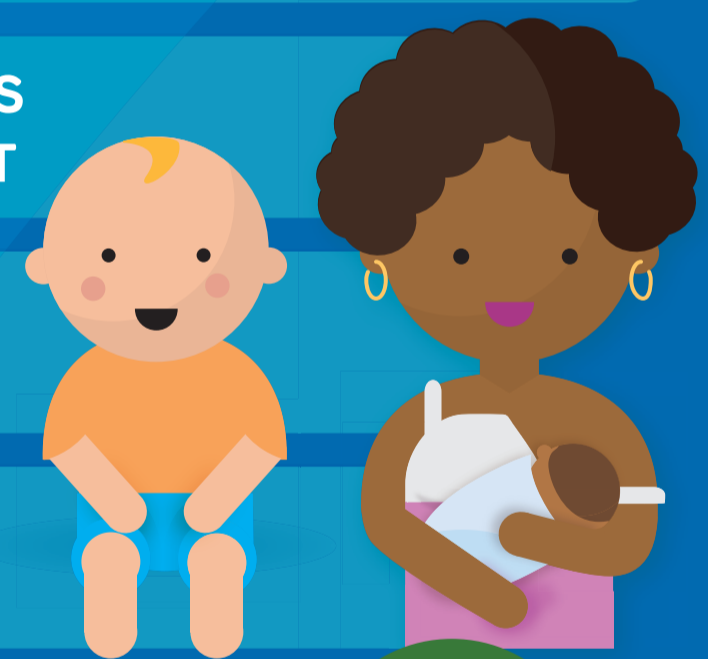
ALL THE **NUTRITION** YOUR BABY NEEDS FOR THE FIRST 6 MONTHS

NUTRITION

**CAN PROTECT YOUR BABY FROM INFECTION** & REDUCE THE RISK OF SOME DISEASES FOR BABY & YOU



BREASTFEEDING FOR **2 YEARS & BEYOND** CONTINUES TO PROTECT YOUR BABY & PROVIDE NOURISHMENT



BREASTFEEDING IS **MORE CONVENIENT** & **ALWAYS AVAILABLE** WHEN YOUR BABY NEEDS IT

BREASTFEEDING **SUPPORTS BONDING & BRAIN DEVELOPMENT**

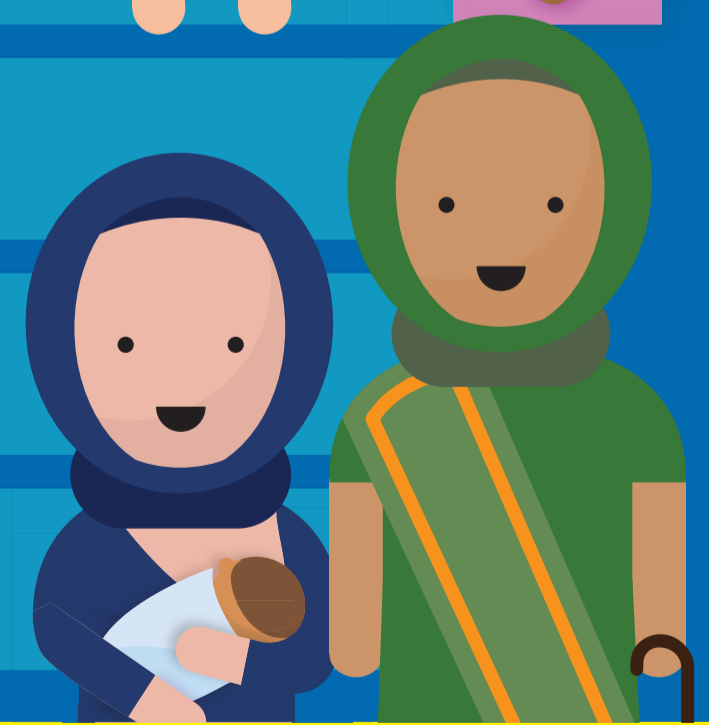


BREASTMILK IS **TAILORED FOR YOUR BABY & CHANGES AS YOUR BABY GROWS**

BREASTFEEDING CAN BE A **QUICK & EASY WAY TO COMFORT** A BABY



**GIVING A BOTTLE IN THE FIRST SIX WEEKS CAN MAKE BREASTFEEDING DIFFICULT**



For help and advice **contact the Baby Feeding team** 07961 609 626 or speak to your **Health Visitor**