

What we know about keeping babies healthy and safe has changed over the years

*Breastfeeding helps give baby a great start*

### DID YOU KNOW?

- Today most mothers decide to breastfeed their babies
- Babies breastfeed 8 or more times in 24 hours
- Breastmilk is the only food a baby needs for the first 6 months

The Simcoe Muskoka District Health Unit promotes breastfeeding as the natural and healthy way to feed babies.

Information and support is available for all families to help them learn about feeding their babies.

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CUT OUT AREA  
DO NOT PRINT  
DIE LINE

A grandmother's heart wants the best for her  
**GRANDBABY**

## KEEPSAKE FRAME

CUTOUT



Place baby's photo here

Name:

Birthdate:

Weight:

Height:

Go to

**[www.smdhu.org/  
grandmother](http://www.smdhu.org/grandmother)**

to find out:

- Why breastfeeding matters
- Common behaviours of a breastfed baby
- How you can help the breastfeeding family



For more information, call

**Health Connection**

**1-877-721-7520**

to speak to a public health nurse  
Monday to Friday, 8:30 a.m. to 4:30 p.m.



**simcoe  
muskoka**  
DISTRICT HEALTH UNIT

For questions after hours call Telehealth Ontario  
1-866-797-0000  
Support 24 hours a day, 7 days a week

