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

Breastfeeding helps give baby a great start

## DID You KNOW?

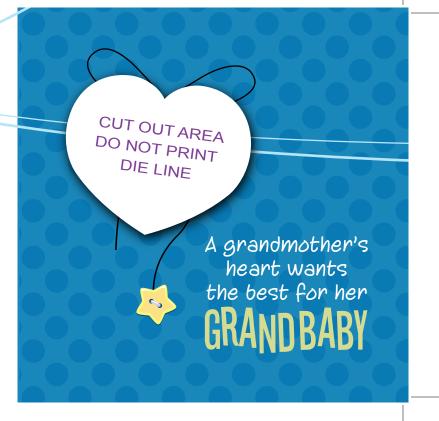
- Today most mothers decide to breastfeed their babies
- Babies breastfeed 8 or more times in 24 hours
- Breastmilk is the only food a baby needs for the first 6 months

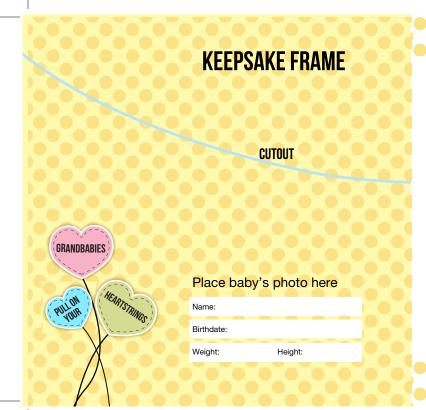


The Simcoe Muskoka District Health Unit promotes breastfeeding as the natural and healthy way to feed babies.

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

This document has been prepared with funds provided by the Government of Ontario and the support of the Best Start Resource Centre at Health Nexus.





Go to

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.



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