

# A grandmother's heart wants the best for her

## GRANDBABY

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



#### 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



### DID YOU KNOW?



or call the health unit at 1-877-721-7520

www.smdhu.org/grandmother

- 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

#### To find out...

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

Go to

www.smdhu.org/grandmother

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.

or call the health unit at 1-877-721-7520 www.smdhu.org/grandmother www.smdhu.org/grandmother www.smdhu.org/grandmother www.smdhu.org/grandmother www.smdhu.org/grandmother www.smdhu.org/grandmother <u>www.smdhu.org/grandmother</u> www.smdhu.org/grandmother <u>www.smdhu.org/grandmother</u> call the health unit 1-877-721-7520