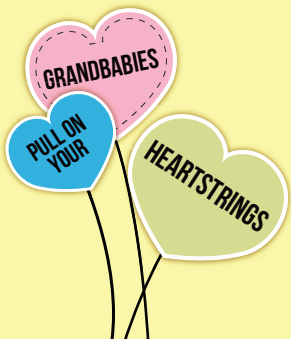




# A grandmother's heart wants the best for her **GRANDBABY**

**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?**

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