

BREAST MILK FOR HEALTHY BABIES

- Breast milk is the best food for babies.
- Feed babies only breast milk until four months of age and continue breastfeeding until your child is at least one year old.
- Introduce solid foods when your baby is between four and six months old.
- Feed each new food for several days in a row before starting another new food.
- Do not put your baby down to sleep with a bottle to avoid tooth decay.
- **Breast-fed babies have fewer medical problems than bottle-fed babies.**

