



NUTRITION



Give your baby life, Give them breastmilk.



BREASTMILK

protects your baby from diarrhoea,
chest and ear infections

Breastfeed your child for 2 years and longer,
give baby only breastmilk from birth to six months.

Let's work together side by side to **encourage mothers to breastfeed.**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

A long and Healthy life for all South Africans

