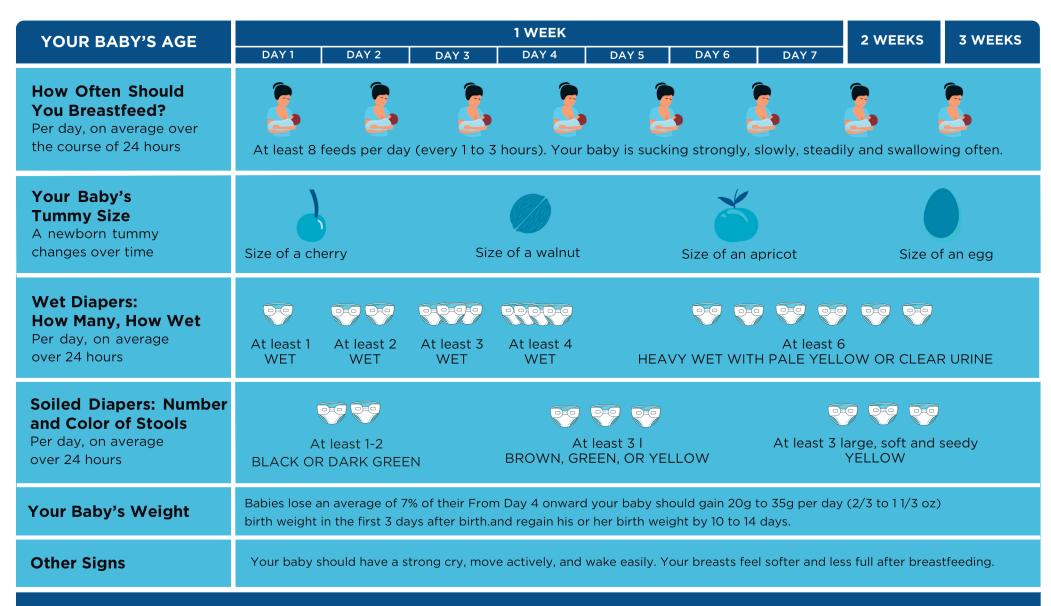
GUIDELINES FOR NURSING MOTHERS





Breast milk is all the food a baby needs for the first six months. At six months of age begin introducing solid foods while continuing to breastfeed.

For more information about breastfeeding support and other Amberwell Maternal Care services, please vist our website at amberwellhealth.org