Feed your baby ONLY breast milk for the first 6 months

Breastfeeding helps:

- Your baby GROW strong and healthy
- PROTECT your baby from many diseases
- You SPACE your pregnancies ONLY IF you meet all these 3 conditions:
  1. Feed your baby on ONLY breast milk
  2. Monthly period has NOT returned
  3. Child is BELOW 6 months of age

Breast milk has all the nutrients and water your baby needs for the first 6 months.

For more information, visit the nearest health facility.