Breastfeeding and Family Foods

Loving & Healthy

Feeding other foods while breastfeeding is continued

Goals:

- Draw attention to the value of continuing to breastfeed children to 2 years or beyond.
- Raise awareness of the risks and costs of introducing other foods and drinks to breastfed babies before 6 months, thereby strengthening support for 6 months exclusive breastfeeding.
- Update information and ideas about the kinds of other foods and drinks needed by older breastfed babies and young children after 6 months.
- Share ideas for making complementary feeding easier, healthier and a time for learning and love.