

KixCare TIPS

How Long Can I Breastfeed My Baby?



A fed baby is a healthy baby and breastfeeding is one way to feed baby.

- 1 Breastfeeding is naturally produced by the mother and **has essential calories and nutrients to ensure appropriate growth and development.**
- 2 **Baby should receive breastmilk until at least 1 year of age but breastfeeding is safe for as long as the mother and baby decide to continue.**

Cut here for a colouring sheet for your little one

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