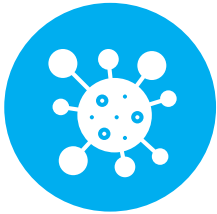


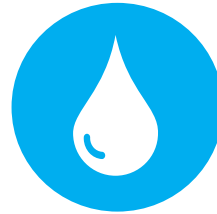
## Why is breastfeeding important?



Breastmilk protects babies from many infections and illnesses.



Breastmilk is the best first food for babies. The nutrients change to meet their needs as they grow and develop.

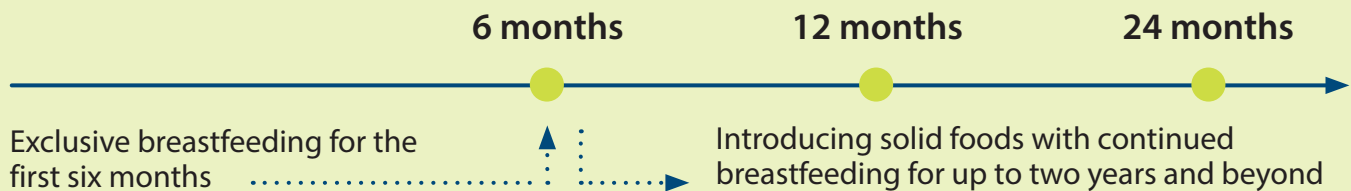


Breastmilk is free, convenient and environmentally friendly.



Breastfeeding promotes bonding between mothers and babies.

The World Health Organization, Health Canada, Dietitians of Canada and the Canadian Paediatric Society recommends:



## Infant Feeding Surveillance System 2016 Highlights



initiated breastfeeding

continued to breastfeed at six months and beyond



fed their baby only breastmilk at six months

planned to continue breastfeeding until baby was at least 12 months



## Why did moms stop breastfeeding?



milk supply concerns

**45%**



medical issues

**19%**



latching difficulties

**18%**

## What liquids and solids did moms offer most in the first 6 months?



Formula  
**75%**



Baby cereal  
**67%**



Fruits and vegetables  
**56%**



Water  
**28%**

## What supports are available for breastfeeding moms in Durham Region?

Durham Health  
Connection Line  
**1-800-841-2729**  
**905-668-2020**



One-to-one  
breastfeeding  
support



Breastfeeding  
groups



Breastfeeding  
information  
**durham.ca**

