



‘Breastfeeding gives my baby the **best start** he deserves’

Breastfeeding helps protect your baby against infections, eczema, asthma and diabetes. It also reduces your child’s chances of getting colic and tummy upsets. There’s no preparation involved – and it needn’t cost a penny. So why let anything get in the way of giving it a try?

Breastfeeding – what could be more natural?

Find out more from your midwife or health visitor, or at www.breastfeeding.nhs.uk