

⋮ BREASTFEEDING IS BEST FOR BABIES

Breastfeeding is best for babies and **provides many benefits.**

It is important that, in preparation for and during breastfeeding, mother eats a **healthy, balanced diet.** Combined breast and bottle feeding in the first weeks of life may reduce the supply of mother own breast milk, and reversing the decision not to breastfeed is difficult.

Always **consult healthcare professional for advice** about feeding your baby. If infant formula is used, manufacturer's instructions should be followed for use carefully.

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