

4. Continue breastfeeding



1. Breastfeed exclusively up to 6 months of age
2. Continue breastfeeding when your child is ill
3. Breastfeeding helps prevent dehydration
4. Breastfeeding protects against illness
5. Learn about good food for children

Breastfeed exclusively for the first 6 months

4. Continue breastfeeding



1. Breastfeed exclusively up to 6 months of age
2. Continue breastfeeding when your child is ill
3. Breastfeeding helps prevent dehydration
4. Breastfeeding protects against illness
5. Learn about good food for children

Breastfeed exclusively for the first 6 months

4. Continue breastfeeding



1. Breastfeed exclusively up to 6 months of age
2. Continue breastfeeding when your child is ill
3. Breastfeeding helps prevent dehydration
4. Breastfeeding protects against illness
5. Learn about good food for children

Breastfeed exclusively for the first 6 months

4. Continue breastfeeding



1. Breastfeed exclusively up to 6 months of age
2. Continue breastfeeding when your child is ill
3. Breastfeeding helps prevent dehydration
4. Breastfeeding protects against illness
5. Learn about good food for children

Breastfeed exclusively for the first 6 months

4.



- 1.
- 2.
- 3.
- 4.
- 5.

Download these cards and print your own: <http://colalife.org/trainingcards>

4.



- 1.
- 2.
- 3.
- 4.
- 5.

Download these cards and print your own: <http://colalife.org/trainingcards>

4.



- 1.
- 2.
- 3.
- 4.
- 5.

Download these cards and print your own: <http://colalife.org/trainingcards>

4.



- 1.
- 2.
- 3.
- 4.
- 5.

Download these cards and print your own: <http://colalife.org/trainingcards>