



Breastfeeding

Protect your Baby





Breast milk is the only natural food designed for your baby

- It contains all the nutrients the baby needs for around the first 6 months of life and helps to support their immune system.
- During initial feeds, breast milk contains colostrum, which is full of antibodies that help protect your baby from any infections.
- Mother's milk production will adapt to the baby, the more often you feed the more milk you will produce.
- The complex composition of breast milk is constantly changing to meet the baby's nutritional requirements.

Breastfeeding can strengthen the bond between you and your baby.

For details on the 'Breastfeeding Welcome Here' scheme in the Isle of Man visit: www.gov.im/breastfeeding

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