



NUTRITION



Side-by-Side®

# Give your baby life, Give them breastmilk.



NUTRITION LOVE PROTECTION HEALTHCARE EXTRA CARE



## BREASTMILK

protects your baby from diarrhoea,  
chest and ear infections

Breastfeed your child for 2 years and longer,  
give baby only breastmilk from birth to six months.

Let's work together side by side to encourage mothers to breastfeed.



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

*A long and Healthy life for all South Africans*

