

# The Best Start

Mum's milk gives your baby all the nutrients they need for the first 6 months of life (and it's important beyond 6 months too).

It helps to protect your baby from illnesses, and as a mum, it also reduces your chances of getting some illnesses later in life.

You can find out more about feeding and caring for your baby by talking to your midwife or health visitor.

Visit [www.livewellgreenwich.org.uk/feedingbaby](http://www.livewellgreenwich.org.uk/feedingbaby) for more information

