

# Being Baby Friendly

**We are here to help you learn...**

- What to consider when deciding how best to feed your baby.
- How safe skin-to-skin contact helps you and your baby such as during feeding and giving of vaccines.
- Ways to comfort your baby including safe skin-to-skin, rocking, talking and singing.
- How your baby tells you when they are hungry and when they are full.
- How to get your milk to your baby, even when you and your baby are separated, such as how to hand express or pump and how to keep the milk safe.
- Why it is good to give only your milk for the first 6 months.
- After starting solids around 6 months, why it is good to continue to give your milk for 2 years or more.
- About breastfeeding support groups and resources.
- You have the right to feed your baby in public areas, including anywhere in Fraser Health.

***We work with our community to support breastfeeding.***



We support all mothers and families in feeding their babies and young children in as healthy a manner as possible. Baby Friendly is a global initiative of the World Health Organization and UNICEF.

Learn more at [fraserhealth.ca](https://fraserhealth.ca) - search 'infant feeding'

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