

working together

for your health



ActNowBC

Breastfeeding: Baby's best way to good health

Everyone wants to capture those first minutes after your baby's born – including baby!

Go with baby's first instincts, and you'll be starting on the road to successful breastfeeding.

How? Simple! Baby goes immediately on Mom's chest so skin-to-skin contact can build a special bond. In a little while, Mom and babe can get some help for their first time breastfeeding.



Want to give your baby the best chance at a healthy future?

Think early: that's skin-to-skin contact and breastfeeding

Think exclusive: make breast milk baby's only food for the first six months. It's best for keeping baby healthy.

So go ahead - capture those first healthy baby instincts!



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