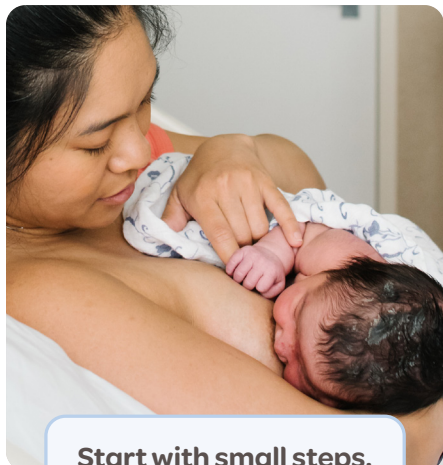
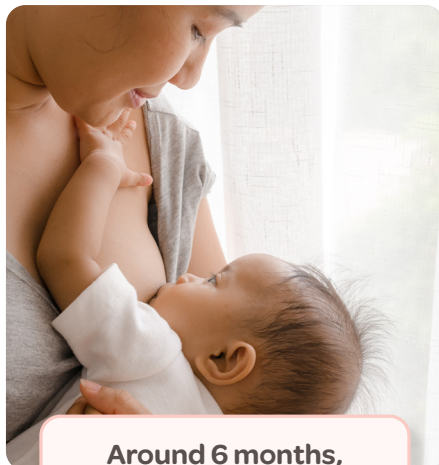


## how long should I breastfeed?

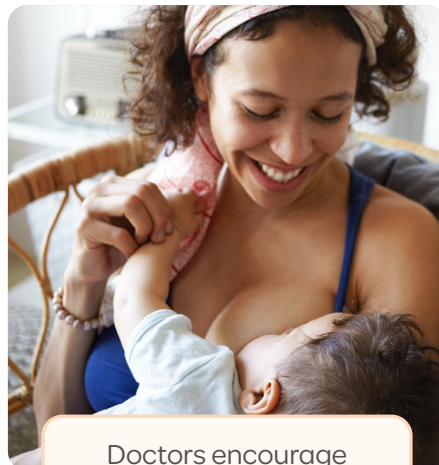
### Breastfeeding Tip



**Start with small steps.**



**Around 6 months,**  
babies breastfeed and  
start eating food.



Doctors encourage  
breastfeeding for **as  
long as you and baby  
want to continue.**

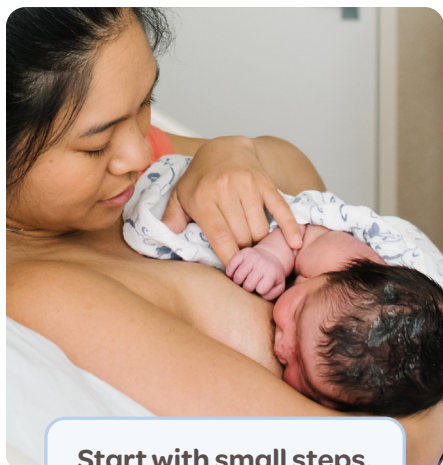


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**You and your baby get health  
benefits from breastfeeding  
up to 2 years and beyond!**

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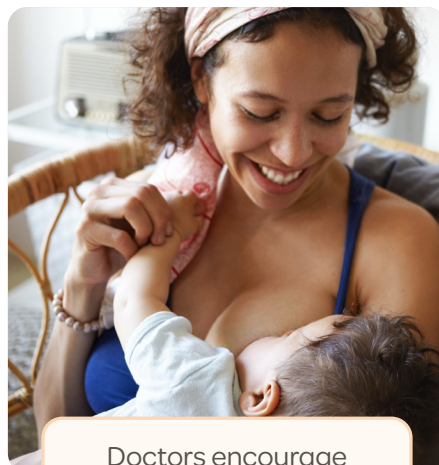
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