Breastfeeding Tip



Breastfeed for as long as you and your child want to continue.

Parents and children get health benefits from breastfeeding up to 2 years and beyond.

While breastfeeding a toddler, try these tips:

- Toddlers move around a lot. Find a comfortable position for you both.
- Toddlers get easily distracted. Redirect their attention with a soft toy to hold in their hands.
- Toddlers need gentle reminders to "open wide to get more milk."

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