

Breastfeeding should continue for two years or longer.

Breastfeeding contains all the nutrients a baby needs to grow and develop at a healthy rate.

Breastfeeding helps to develop the baby's immune system.

When the baby reaches six months of age, they should be introduced to homemade food.

Breastfeeding is expensive.

Breastmilk is not environmentally friendly.

A baby should be exclusively breastfed for the first six months.

A baby grows slowly during the first six months, so it does not need many nutrients.

It is important that a mother eats a healthy diet while she is still breastfeeding her baby.

