

Breastfeeding should continue for two years or longer.

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

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Breastfeeding helps to develop the baby's immune system.

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

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Breastfeeding is expensive.

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Breastmilk is not environmentally friendly.

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

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

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

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