Look After Baby

- Practice kangaroo mother care if you have a low birth weight baby
- Breastfeed 2 hourly

Exclusive breastfeeding is the best feeding for your baby for the first 6 months.

- Start introducing solids at 6 months
- Feed solids 5 times a day
- Continue breastfeeding

- Keep your baby close to you
- Develop a routine

Alcohol makes a mother irresponsible and puts the child in danger

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