

THANK YOU FOR SUPPORTING BREASTFEEDING FAMILIES



The right to breastfeed anytime and anywhere is protected
by the **Canadian Charter of Rights and Freedoms**

DID YOU KNOW?

Health Canada and the Canadian Paediatric Society recommend continued breastfeeding for up to two years and beyond, with appropriate complementary foods from six months.



Your
breastfeeding friendly
resource

mouvementallaitement.org