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# BREAST MILK is the Best Food for Your Baby



Breast milk is the only food your baby needs for the first 6 months. Breastfeeding should be continued with appropriate supplementary food until at least 2 years of age.

Experienced healthcare professionals at **Migrant Health Centers** are always there to meet your service needs.

**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest Migrant Health Centre for more information and support.