Breastfeeding

Breastfeeding is good for your baby

It helps your baby to grow strong and healthy

It protects your baby from some illnesses

It is good for your health

When you breastfeed you should drink plenty

Eat well

Rest

If you want to know more talk to your midwife or health visitor
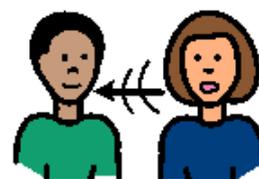
healthpoint
WALK IN FOR INFORMATION

healthline 0500 20 20 30
CALL FREE FOR INFORMATION

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If you need more help with breastfeeding:

You can phone the free Healthline on
0500 20 20 30

Or go to your local Healthpoint:

**Aberdeen Market, Monday - Saturday,
10.00am - 4.00pm**

**ARI Concourse, Monday - Friday,
10.00am - 4.00pm**

**1-3 Kirk St Peterhead, Tuesday - Friday
11.00am - 3.00pm**

Healthpoint is a place where you can get free
advice and information about your health

CGD 100214