

We want you to know ...

We support the right of parents to make informed decisions about infant feeding, and will provide accurate information to assist you.

We recognize the benefits that breastfeeding provides for families.

Our staff members are trained to help you breastfeed your baby.

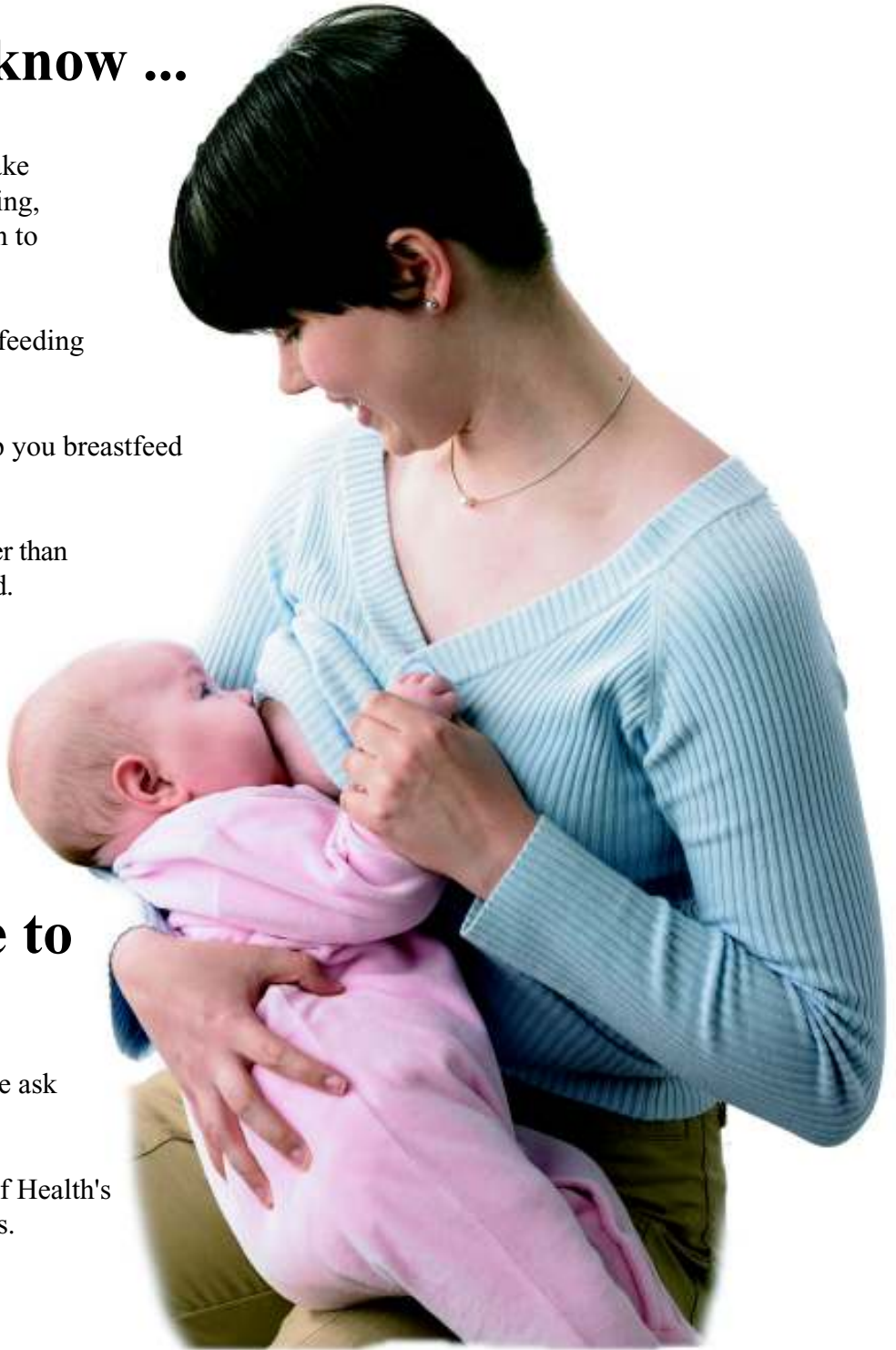
Most babies do not need any food other than breastmilk until they are six months old. Once your baby starts solid foods, we encourage you to continue breastfeeding for two years or more.

We support a mother's right to breastfeed in public places and be accommodated by her employer.

You are welcome to breastfeed here!

If you prefer a private location, please ask a staff member.

If you would like to read the Board of Health's policy on breastfeeding, please ask us.



Garry Humphreys, MD
Medical Officer of Health
for Peterborough County and City

**Peterborough County-City
Health Unit**