

Breastfeeding and Human Milk

Breastfeeding matters.
Info and help are available.

Visit the NH Breastfeeding and Human Milk webpage:
www.northernhealth.ca/health-information/pregnancy-and-baby/breastfeeding

For quick access,
scan QR code:



Learn more about these topics

Breastfeeding is important	Breastfeeding-friendly spaces	Donor human milk
Help with breastfeeding	How communities support breastfeeding	Learning to breastfeed
Nursing older babies and toddlers	Options for infant feeding	Unique infant feeding needs