

**A baby breastfeeding. Colour lithograph by Kenya Ministry of Health, ca. 2000.**

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# Unyonyeshaji

- Anza kumnyonyesha mtoto wako mara tu akizaliwa
- Maziwa ya mama ndilo lishe la kipekee mtoto analohitaji kwa miezi 6 ya kwanza ili kukua vyema
- Mnyonyeshe mtoto kila wakati akihitaji kunyonya
- Baada ya miezi 6, mpe mtoto wako lishe bora la chakula cha mtoto mara 4 kila siku



## Malezi Bora

Afya Leo ni Uzima Kesho

A public awareness campaign by

