



Breastfeeding is a wonderful gift for you and your baby.

Breastfeeding helps promote brain growth. Studies show that breastfed babies do better in school later on. Breastfeeding also helps improve your baby's vision.

Other Ways to Stimulate Your Baby's Brain Development:

- Feed your family iron-rich foods and foods rich in vitamin C, which helps your body absorb iron. These nutrients will pass through your milk to your breastfed baby.
- Read to your baby for at least 20 minutes each day.
- Talk to your baby.

Card #8

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Helping Your Baby's Brain Develop

Serve your family iron-rich foods and foods with Vitamin C

Fish Dish Delish

Ingredients:

Any fillet fish (tuna, catfish, trout)

Fresh lemon or lime juice (a few drops for each piece of fish)

Lemon pepper

1/4 teaspoon of soy sauce for each fish

a little butter

Preheat oven to 400. Place fillets individually on aluminum foil. Squeeze a little lemon juice over the fish, sprinkle with lemon pepper and soy sauce and a small dot of butter. Wrap fish in foil and seal tightly. Bake for 1 hour. Garnish with a sprig of rosemary or parsley.