



BREASTMILK

EVERY OUNCE COUNTS

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

Other ways to stimulate your baby's brain development:

- Your baby learns through her taste, touch, sight, hearing, and smell..
 - Read to her from "touch and feel" books or walk around showing and telling her about the things in your home.
 - Talk to your baby; encourage her to talk back to you by waiting for a response. If you speak in another language, speak to her in that language too. Teaching baby sign language allows her to communicate in another way before they develop the ability to speak.
 - Hold and cuddle her when she seems upset, happy, and confused.
 - Eat a variety of food. Your baby will taste these foods in your milk.

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Fish Dish Delish

Ingredients:

Any fillet fish (tilapia, tuna, catfish, trout)
Fresh lemon or lime juice
Lemon pepper
1/4 teaspoon of soy sauce for each fish
A little butter



Instructions:

Preheat oven to 400. Place fillets individually on aluminum foil. Squeeze a little lemon juice over the fish (a few drops for each piece of 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.