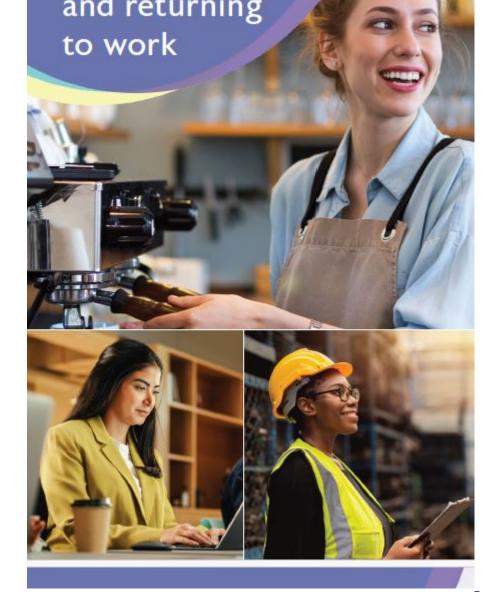
## Look after your mental health

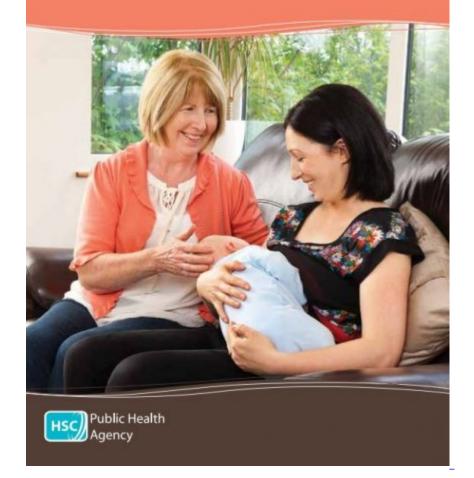








## A grandparent's guide to supporting breastfeeding





### Off to a good start

ALL YOU NEED TO KNOW ABOUT BREASTFEEDING YOUR BABY



# **Home** safety

















# Keeping children safe

#### Home safety for children under five











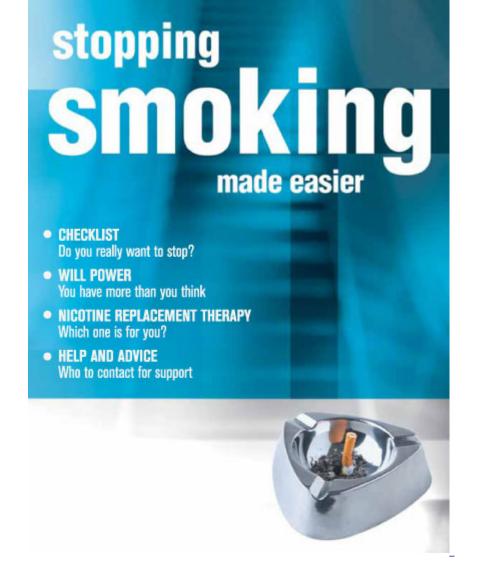






# Want to stop smoking?

Studies show that y more likely to quit w there's a free local service near you.



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