

# Stronger With Breastmilk Only Reference List

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#### Fact Sheet. Breastmilk, the Only Source of Water and Food Babies Need for the First Six Months of Life

This fact sheet is adapted from the frequently asked questions sheet published in June 2004 as part of the Linkages Project, a project implementing by the Academy for Educational Development (AED) with funding from the United States Agency for International Development (USAID). For the original document, please visit, <[www.tensteps.org/breastfeeding-faq-exclusive-breastfeeding.shtml](http://www.tensteps.org/breastfeeding-faq-exclusive-breastfeeding.shtml)>, accessed 23 October 2019.

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