



Side-by-Side®

Let's work side by side to raise healthy and happy children

All children need:



NUTRITION

Good nutrition is important for you and your child's health. It starts with breastfeeding.



LOVE

Your child learns from looking at you when you hold them close and love, play and talk with them.



PROTECTION

Your child can be protected from childhood disease and injury by getting immunised and by being careful at home.



HEALTH CARE

Your child needs care when they are sick or injured to help them get better.



EXTRA CARE

Your child may need special care or support. Knowing what to do or where to go will help both of you.



health

Department: Health
REPUBLIC OF SOUTH AFRICA

A long and Healthy life for all South Africans

