

## i. Setting Goals for Breastfeeding

### MODULE 4

The ideal time for the first feeding is within the first two hours following birth. Breast milk is all the baby needs during the first six months. After six months, begin to introduce solid foods while continuing to breastfeed for up to two years and beyond.



Now is a good time to set your own goals for breastfeeding. You have the natural ability to breastfeed, but you must learn how to do it correctly.

By setting goals, you are learning what to do. You can also decide how you are going to do it. By setting your goals in advance, you can then decide how you will achieve them.

