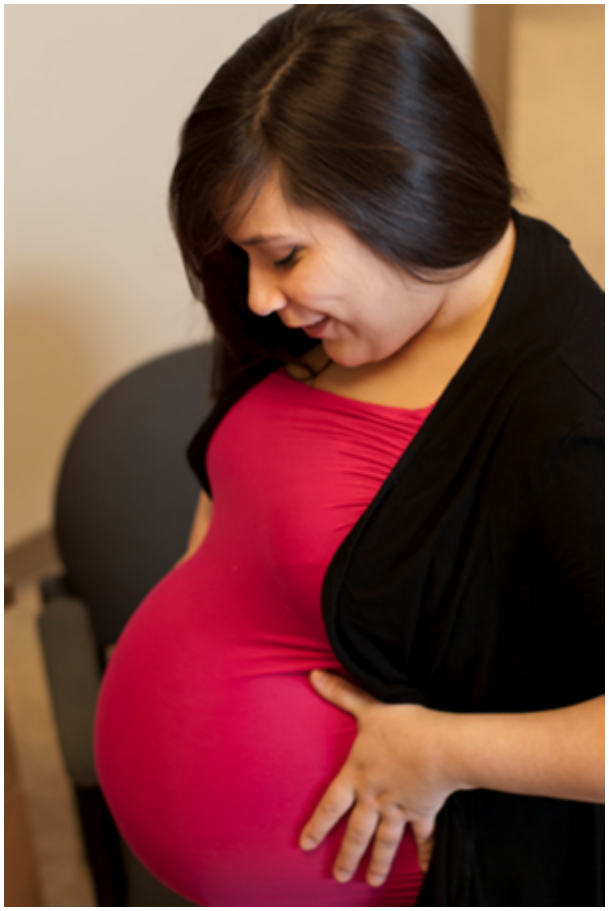
INTRODUCTION

MODULE 4

You are pregnant! This is the ideal time to decide how you want to feed your baby. Because milk will be the main source of food for your baby during the first year, it is important that you are well-informed before deciding on the method you will use.

Breast milk is made especially for your baby. It contains all the necessary ingredients for the growth and development of your newborn. It is convenient, at the right temperature and takes no preparation. It is impossible to reproduce or imitate your breastmilk.



Your family and friends may give you a great deal of advice about breastfeeding. They will share their good or bad personal experiences. Not everyone believes that breastfeeding is the best thing to do. You may have mixed feelings. What should I do? Inquire about the facts and decide what is best for you and your baby.

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