

# CONCLUSION

## MODULE 4

Deciding to breastfeed is the best choice because breast milk is the natural food for your baby. In this module you have learned how to prepare yourself well for a successful breastfeeding experience for you and your family.

The special bond between you and your baby will get stronger every day because of breastfeeding. The more experience you acquire the more comfortable you will become and the more breastfeeding will be enjoyable. Your baby will be grateful for life!



For more breastfeeding information and support visit Ottawa Public Health's website : <http://ottawa.ca/en/residents/public-health/breastfeeding>