

## a. Breastfeeding

### MODULE 8

Breast milk is the perfect food for your baby. You will find all the information you need to successfully breastfeed your baby in Module 4 entitled "Choosing to Breastfeed".



Breastfeeding is the natural way to feed your baby, but that does not mean that you will automatically know how to do it. Most mothers need advice and support especially during the first six weeks when everything is new.

Here are a few tips to help you breastfeed.

