

Breastmilk is the milk that is produced by the mother and fed to her baby. Breastmilk contains all of the and antibodies that the baby needs to grow, develop and to fight infection. The World Organization, recommends that babies should be breastfed for the first months. Breastfeeding should continue until the child is years of age. Babies should be breastfed within hour of birth. The first form of milk that is produced is called..... .It is a yellowish substance and it contains the best nutrients for the baby