

Help with baby wearing / sling carrying

Bring her a drink and snack to eat
Be supportive when she is breastfeeding out and about

Make opportunities for mother to relax and rest

Give emotional and practical support

Occupy older children

Bath baby

Remind her what an important thing she is doing and how proud of her you are

Rock and comfort baby

Give positive praise and encouragement

Attend a breastfeeding group with Mum

How family can support a breastfeeding mother



If a mother has chosen to breastfeed, it is not helpful to offer baby a bottle in the early days.

Instead you could....

Learn the same information as the baby's mother and discuss it together

Sing, read and play with baby

Have skin to skin time with baby

Be sensitive to her feelings and listen to her concerns

Explain to family and friends about the importance of breast feeding to mother and baby

Help out around the home; cooking, cleaning, etc.

Bring baby to her when he is ready for a feed

Find information and support for her if Mum is finding things challenging

For further information and support contact **The National Breastfeeding Helpline 0300 100 2012** or the **Infant Feeding Team on: 01902 307999 Ext. 8389**