

BUILDING A BREASTFEEDING COMMUNITY

Tips for supporting breastfeeding mums

We all have a crucial part to play in helping to build a breastfeeding community here in Northamptonshire.

Our top tips will help you support breastfeeding mums across the county!



1. Look after Mum so she can look after her baby - make sure she eats, drinks and rests
2. Friends - why not help with housework or by cooking meals
3. Speak up for her if anyone criticises her choices
4. Tell her how proud you are and what a great job she is doing
5. Help her access help and support if she needs it
6. It's a Mum's right to breastfeed in public, don't make any negative comments or ask her to move, she's just feeding a hungry baby, smile at her instead
7. Partners - remember you can help and bond in ways other than feeding your baby such as baths, walks, play and keeping your partner company while they feed

Remember: for a Mum to breastfeed she needs someone to support her who believes it's important and believes she can do it! For more tips watch: bit.ly/bfsupporttips

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🌐 nhft.nhs.uk/0-19

