

# Helpful tips from breastfeeding mums

"Push through the first 6 weeks AND read watch listen about breastfeeding as much as you can BEFORE baby is here."

"Have faith in your boobs and have faith in your baby."

"Be determined, double-check everything healthcare professionals tell you on Kellymom.com, feed on demand. Remember you are doing the best thing for your baby - providing a service that only you can - be empowered by that!"

"Give it time, very few things worth doing come easily. Breastfeeding is natural but so is having a few teething troubles and it is worth the effort."

"Trust your own body."

"if in doubt breastfeed and when in doubt, ask for help!"

"Forget about putting your baby on any kind of feeding schedule and just feed on demand!"

"Have confidence in your body's ability to nourish your baby."

"Surrender to your baby in the early days. Accept that breastfeeding is a commitment and relax into it as much as you can. They are only babies for a little while."

"Be prepared to be feeding A LOT and see that as a good thing to be enjoyed! Ah all those lovely cuddles!"

"Persevere and find your local breastfeeding support group or cafe."

"Trust your motherly instinct, surround yourself with positive people and breastfeeding mummies... and don't make rash decisions at low times."

"Books can't tell you when your baby is hungry, only baby can! Follow your baby's lead, ask for support if you need it, if you're struggling always remember this will soon pass, it will get easier."

"Relax! Physically and mentally. Get really comfy, enjoy all the cuddles and try not to stress about how much or little baby is feeding."



"Ask for help from a breastfeeding consultant if you're having any wobbles. They are worth their weight in gold."

"Know where to get the help from in case you have any questions or problems and don't buy bottles in just in case."

"Throw away formula samples."

"Plenty of skin-to-skin at birth.."

## FREE BREASTFEEDING HELPLINES

The Breastfeeding Support Line 0300 100 0212

La Leche League 0845 120 2918

The National Childbirth Trust 0300 330 0771

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