

10 WAYS

TO SUPPORT BREASTFEEDING MOMS

Breastfeeding is best for both baby and mom. Everyone in the family can help—dad, grandparents, aunts and uncles. Even older children can do their part.

1



Learn more about breastfeeding before the baby is born.

2

Support her choice to breastfeed. Tell her you are proud of her.

3



Bring her water or juice and a snack—breastfeeding can make her feel thirsty and hungry.

4

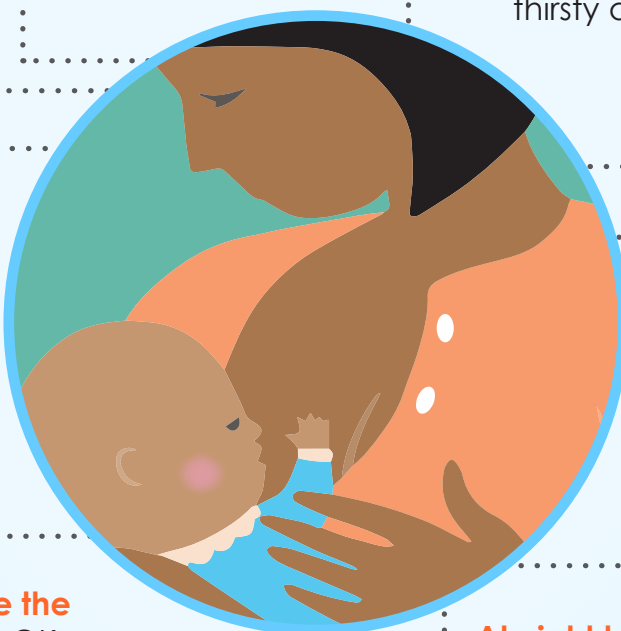


Help with the household chores.

10



If she is having trouble with breastfeeding, **remind her to call her Healthy Start worker for help** and support.



Help with baby care like changing diapers or giving a bath.

5

Play or read with the other children while she is breastfeeding.

9

Be supportive when she breastfeeds outside the home. Let her know it's OK and help her to feel comfortable about it.

8

Older brothers and sisters can bring mom things, like a pillow or blanket.

7

At night bring the baby to mom for feeding, and bring the baby back to its crib when finished.

6

Important Phone Numbers

Healthy Start program:

Doctor or Health Center:

WIC program: