

# BREASTFEEDING SUPPORT PEOPLE

## How to help a breastfeeding mother



### Caring for mum

Breast feeding is HARD work. Let her know you are proud of her, reassure her she is doing a great job. Your words can really help.



Make sure mum has plenty of water and snacks when she is feeding baby. Check on her and ask if she needs anything.



Let mum sleep in, when baby wakes up in the morning take them for a play so mum can get a bit more sleep.



Look after your older children so mum can focus on baby and rest.



Encourage her to connect with other mothers, this can be a good support for her.

### Caring for baby

Your partner might be feeding baby but there are other ways for you to connect with baby. Try having skin to skin time with them or carry them in a sling or baby carrier.



Take charge of nappy changing and help to settle baby after a feed.



Play with your baby. Try different ways to make baby smile.



Give your baby a bath, it can be a special time for you to connect and create a routine with baby.



Take baby out for a walk so mum can have some quiet time.



## Helping around the house

There are lots of ways you can help reduce the load for mum so she can focus on feeding baby and looking after herself.



**Keep essentials stocked – restock nappies, wipes, toilet paper, paper towel without mum having to worry about it.**



**Help sterilise pumps, bottles, dummies or other feeding equipment, and store breastmilk.**



**Look after the laundry, tidy, and do other chores. Sometimes houses are a little messier with a new baby to look after. Let mum know it's ok and help where you can.**



**Help with the cooking as often as you can or organise others to help. Make mum healthy meals and snacks, and regularly top up her water.**



**Take on talking to visitors about the best times to visit and let them know when it's time to leave so mum and baby can rest.**



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



*Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.*