

Tips for Breastfeeding Mothers



From Jennifer Woods, LMSW
and Breastfeeding Peer

- **Don't expect to bounce back to your pre-baby self.** We get this idea from the media, its harmful and not meeting that standard can cause depression.
- **Bonding with the baby is not always immediate, it comes with time.** Society shows us images of moms falling in love with the baby right away, but this doesn't always happen.
- **Accept help when it's genuinely offered.** Help doesn't need to be holding the baby. It can be helping with dinner, grocery shopping, or anything to lighten your load.
- **Eat, sleep, rest, repeat.** You need to care for yourself in order to care for the baby.
- **Find a confidant.** You will need a support person that you can have non-judgmental conversations with.

Join the Breastfeeding Peer Support Group!

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