



I take breastfeeding one day at a time.

Breastfeeding can take time in the early days. The longer you breastfeed the easier it gets. Don't give up before you're ready.

See [breastfeeding.ie](https://www.breastfeeding.ie) for support in your local area.

Every Breastfeed Makes a Difference.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive