



For me breastfeeding is like learning to ride a bike. The longer you do it the easier it gets.

Breastfeeding gets easier over time.
Don't give up before you're ready.

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



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Every Breastfeed Makes a Difference.