

Talking to other mothers can help

Find out about your local breastfeeding supports



When breastfeeding, you and your baby will find what works for you. Getting support will help you and your baby master this skill.

A breastfeeding support group can be a great source of advice. It's also an opportunity to get to know other parents going through the same experiences.

Find out what local supports are available from your public health nurse or at www.mychild.ie/breastfeeding

mychild.ie

Expert advice for every step of pregnancy, baby and toddler health

