



Getting baby ready

Want to know more
about breastfeeding?

Breastfeeding is a skill learnt over time. It takes patience and practice to find your rhythm. You don't need to buy anything in advance. But you can prepare by getting information before the birth.

Attending antenatal classes and talking to your midwife will help. Contact your local breastfeeding support group – pregnant women are always welcome. You can get information on breastfeeding and have a support network in place for when your baby is born.

You'll also find lots of advice on **www.mychild.ie/breastfeeding** including skin-to-skin contact after birth, how to do your first breastfeed and newborn feeding routine.

mychild.ie

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

