

A close-up photograph of a woman with long dark hair, wearing a white shirt, breastfeeding her baby. The baby is wearing a white onesie. They are outdoors, with a blurred background of greenery and a patterned blanket.

One day at a time

Every breastfeed
is a bonus

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

You can get support from your public health nurse, midwife and local breastfeeding support group and by talking to family and friends who breastfed.

Lactation consultants can answer your query by live chat or email through the HSE's 'Ask our breastfeeding expert' online support service on www.mychild.ie/breastfeeding.

mychild.ie

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

