

1. How Can a Breastfeeding Support Network Help Me?

MODULE 4

It is good to plan your support network ahead of time. Think about friends, members of your family, professionals, and any other person who will be able to help. It is also a good idea to determine how these people can support you during breastfeeding.

With the help of a support group, you will have

- someone to talk to about breastfeeding and from whom you can get help either in person or by phone.
- someone in whom you will be able to confide anytime during the day or night; but most often during the night.
- someone who will check up on you to see how you are making out.
- someone who will take care of the baby while you take a bath, go to the hairdresser, or simply have a rest.
- someone who will prepare some meals, do the cleaning, or get the groceries.
- someone who will care for the other children if you have any. The other children, depending on their ages, can also be involved.
- someone who will invite you, your baby, and your family for a meal or an outing.
- someone who will babysit while you and your partner go out.

Keep in mind that your family and friends will offer advice whether you have asked or not. Some advice will be helpful, some not. Don't be afraid to ignore the advice that is not good for you. Thank them and do what you think is best for you and your baby.