

## **2. Who Can Be Part of My Support Network?**

### MODULE 4

Now is time to create this support group so you will be ready when your baby is born. Here are a few suggestions.

- Find one or two mothers who have enjoyed breastfeeding and who live near you. Ask them if they will give you moral support and help you if necessary.
- Talk to your partner about sharing the workload once the baby arrives and explain why you will need his help.
- Find out if there is a support group in your area. If possible, attend one or two meetings before the baby is born. This will allow you to establish contacts with mothers who have already lived the breastfeeding experience.
- Find other mothers to talk with and who will agree to exchange child care services. Find out how you can give each other time off when you need it.
- Check to see if there are community groups or a Parent Resource Center in your area that feature day nursery services, mother-baby groups, or exercise programs you can join.
- Talk about breastfeeding with your public health nurse. There are Breastfeeding Support Drop-ins in the community to assist you with your breastfeeding.