CREATING A SUPPORTIVE BREASTFEEDING ENVIRONMENT

CALM
QUIET
DIM LIGHTS

SKIN-TO-SKIN
COMFORTABLE LAID BACK POSITION
TIME AND PATIENCE

GENTLE, HANDS OFF BREASTFEEDING SUPPORT
CALM AND READY PÉPI - WAIT FOR CUES
HEALTHY FOOD AND DRINK SUPPLIED

WHilst learning to breastfeed, it can be really helpful to start out in a safe, familiar, comfortable environment that supports the feeding hormones of both Māmā and Pēpi. Stress interferes with these hormones and disrupts breastfeeding.