

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
PĒPI - 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