

# BREASTFEEDING: WHAT TO EXPECT: 1 WEEK - 6 MONTHS



## FEEDING

feeding is likely to become easier and more enjoyable as baby grows. With the pressure off, you can enjoy the benefits of oxytocin every time you feed. Some challenges can arise in this period, require extra support. It is very normal for babies to want to feed constantly for a few hours most days. This most commonly happens in the evenings.



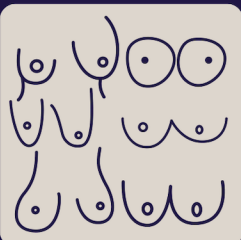
## REST

feeding a baby still takes a lot of time and energy and rest is still important. Baby is likely to start getting into a bit more of a pattern so you can work out when is a good time for you to rest with them, and when is a good time to do some other things.



## CARE AND SUPPORT

care and support is always important and is part of what makes our communities successful. Taking care of those nourishing and nurturing our youngest is the role of the whole community. You will transition from your midwife to your Tamariki Ora (Well Child) provider. Make sure to find out where breastfeeding support is available in your community.



## BREAST CHANGES

Breasts are likely to go from firm to soft before and after feeds. If you notice a tender or red area, very gently massage it to move the blockage towards the nipple and feed frequently. If it worsens or you start to feel unwell, see your midwife or GP, rest, and keep feeding. Talk to your midwife, Tamariki Ora (Well Child) provider or GP about any other signs you are concerned about.



## STARTING SOLIDS

Pēpi are ready to start solids at around 6 months, when they:

- sit with little assistance
- hold things with their hand and are working on picking things up with the thumb and pointer finger
- no longer poke their tongue out when something goes in their mouth

**THE BEST NEWS IS - FOR MOST WHĀNAU, BREASTFEEDING GETS WAY EASIER FROM HERE ON IN. REST, SUPPORT, AND SEEKING HELP EARLY IF YOU NOTICE ANYTHING CONCERNING ARE STILL IMPORTANT. AND OF COURSE, NURTURING AND NOURISHING A PĒPI TAKES A LOT OF TIME AND ENERGY, AND MĀMĀ NEED TO BE ACKNOWLEDGED AND APPRECIATED FOR THIS.**

