



CanBreastFeed
Canterbury Breastfeeding Advisory Service

SOME WAYS WE CAN TRULY SUPPORT PARENTS WITH NEWBORNS :



FEED THEM



MAKE THEM CUPS OF
TEA



HUG THEM WHILE THEY
CRY



MASSAGE THEIR
SHOULDERS



COLLECT AND FOLD
THEIR WASHING



VACUUM THEIR
HOUSE



WALK THEIR DOG



ENTERTAIN
THEIR OLDER
CHILDREN

TELL THEM HOW
AWESOME THEY
ARE RATHER THAN
WHAT WE DID OR
WHAT WE THINK
THEY SHOULD DO

GIVE THEM SPACE TO DEVELOP A POWERFULLY LOVING RELATIONSHIP WITH THIS
BRAND NEW PERSON IN THEIR LIVES.

THEIR ROLE IS TO LOVE AND NURTURE BABY - OUR ROLE IS TO LOVE AND NURTURE THEM



Te Puawaitanga
ki Ōtautahi Trust