

# CELEBRATE THE SMALL WINS

Learning to breastfeed takes time and practice. How you feel and experience breastfeeding changes from day to day. Noticing a small win each day can help you feel more positive about how breastfeeding is going for you.

Each day try to find just **one thing** that went well. See some suggestions below.



For  
Parents/  
Carers

## Taking care of yourself

- ★ You had a drink of water with every feed or enjoyed a meal.
- ★ You moved your body or spent time outside.
- ★ You made time for your basic self-care (e.g. took a shower or rested).
- ★ You enjoyed something just for you (e.g. a cup of tea or a quiet moment).

## Caring for your baby

- ★ You noticed when your baby was hungry or full.
- ★ You found a comfortable feeding position.
- ★ You ensured a good latch at each feed.
- ★ You helped your baby settle when needed.

## Building Parenting confidence

- ★ You noticed how much you have learned about breastfeeding so far.
- ★ You focused on your own breastfeeding journey and not others.
- ★ You were patient with yourself whilst you learn to care for your baby.
- ★ You overcame a breastfeeding challenge.

## Strengthening support networks

- ★ You spoke to a friend or reached out for support.
- ★ You made an appointment for yourself, your baby, or both.
- ★ You thanked someone who supported you.
- ★ You sought help to feel more confident.

## Need help with breastfeeding?

Find more breastfeeding resources on the HB4HNEKids website: [CLICK HERE](#) or contact the Australian Breastfeeding Association via phone (1800 686 268) or live chat: [CLICK HERE](#)



Print these to keep as a regular reminder

If you have any concerns about your child, contact your local *Child and Family Health Service*, *Aboriginal Maternal and Infant Health Service (AMIHS)*, or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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