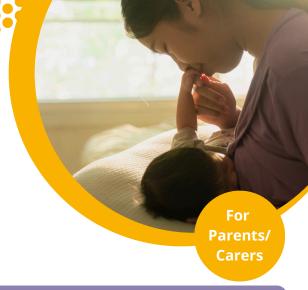
CELEBRATE THE SMALL WINS

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.



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: <u>CLICK HERE</u> or contact the Australian Breastfeeding Association via phone (1800 686 268) or live chat: <u>CLICK HERE</u>



Print these to keep as a regular reminder

If you have any concerns about your child, contact your local <u>Child and Family Health</u>
<u>Service</u>, <u>Aboriginal Maternal and Infant Health Service</u> (<u>AMIHS</u>), 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.







