

Preparing for breastfeeding your baby

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As new mums, we are encouraged to breastfeed our babies. Yet few of us know what to expect when our first baby is born. Many of us will have never seen another mother breastfeed her baby, at least not close enough to learn from her.

Here are a few suggestions to prepare yourself to [breastfeed](#).

Trust yourself. Nature has designed women's bodies to feed their young to ensure the survival of the species. It is partly the fact that we can rely and have relied on artificial feeding which makes natural feeding more difficult.

Read up. The more you know, the more you will be able to put into perspective all the advice you will be given as a new mum. This advice is often conflicting - even from health professionals - so based on your knowledge, you will be able to make your own choices. You will find some leaflets, books and on-line information that other breastfeeding mothers have found helpful on the breastfeeding resources page. Don't hesitate to email us if you have found

something else.

Discussing breastfeeding with your midwife is a good idea. Most midwives in the UK are supportive of breastfeeding but it doesn't mean that they have a lot of experience (or time) to help breastfeeding mothers. Check with her what other resources might be available in the hospital or in the area. Mention that you would like skin to skin contact as soon as the baby is born as it helps establish breastfeeding in the early days.

Enrol support around you. Studies show that when a breastfeeding mother has a partner who supports her choice to breastfeed she is more likely to breastfeed successfully. Show your partner how he can support you while you feed the baby, feed you for a start, protect you from well-wishers with overwhelming advice, show faith in you when you're struggling...

While you're pregnant, make a list of all the [breastfeeding resources](#) available in your area. Check out baby cafes, breastfeeding support groups, contact La Leche League and the National Childbirth Trust (NCT), breastfeeding peer supports, and lactation consultants. Should things not go smoothly at some point, it will be a lot easier to have their contact details handy. Many groups welcome pregnant mothers and it's a good idea to visit before your baby is born. Even if everything is going well, don't hesitate to visit them again. You will have a chance to meet with other mums sharing the same experience, gather some information or just share a cup of tea.

We hope you have found this article interesting. If you have any questions, don't hesitate to contact us.

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