

# BREASTFEEDING JOURNEY MAP



## WHAT CAN MUMS DO?

Get the facts on Breastfeeding.  
Make sure you get plenty of healthy food, water and rest.



## WHAT CAN PARTNERS DO?

Care for the baby in other ways (baths, nappy changes, walks).



## WHAT CAN FAMILY AND FRIENDS DO?

Provide emotional support and practical help (deliver groceries, cook meals, clean the house).



## WHAT CAN BE DONE IN THE WORKPLACE?

Give enough maternity leave for mums to get breastfeeding established.



## WHAT COMMUNITY CAN DO?

Businesses can apply for Breastfeeding Welcome Here status.

