

EMPOWER PARENTS

What makes breastfeeding difficult and what can we do to support breastfeeding to improve our babies' health?
Here is what **mothers** and **experts** in the field of nutrition say:

WHAT MOTHERS SAY

What helped you in your breastfeeding journey?

- 1 Support from my partner
- 2 Exchanging with other breastfeeding women
- 3 Support from hospital staff and lactation consultant

How can your partner engage in your breastfeeding journey?

- 1 Helping with household tasks
- 2 Comforting and checking on baby's sleep
- 3 Cleaning breastfeeding utensils and preparing food and drinks for me

Why was breastfeeding challenging in your environment?

- 1 Health issues of the baby
- 2 Lack of support from staff, family and friends
- 3 No facilities to feed or express
- 4 Lack of acceptance when breastfeeding for a longer period of time

What would you need to breastfeed in everyday life?

- 1 Facilities to withdraw for expressing and feeding
- 2 Support and acceptance from my partner and society
- 3 Skilled support by a lactation consultant also after discharge
- 4 Supportive laws e.g. reasonable length of maternity leave



Biggest challenges of breastfeeding

- 1 Lack of skilled practical support and guidance
- 2 Pain
- 3 Problems with milk supply (too much or too little)

Most sustainable benefits of breastfeeding

- 1 Long-term health benefits for baby AND mother
- 2 Supports bonding between mum and baby
- 3 Enormous nutritional value of breastmilk, made to fit the baby's individual needs
- 4 Very ecologic and economical

Best means of support

- 1 Inform and educate during pregnancy and after birth
- 2 Share breastfeeding knowledge and experiences
- 3 Keep mothers motivated, respect them and reduce pressure

FROM AN EXPERT'S PERSPECTIVE

ENABLE BREASTFEEDING

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EFCUNI european foundation for the care of newborn infants

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EMPOWER PARENTS – ENABLE BREASTFEEDING

This World Breastfeeding Week initiative is supported by the following **parent organisations**:



This World Breastfeeding Week initiative is supported by the following **medical societies**:

