EMPOWER PARENTS

World Breastfeeding Week 2019

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

#### 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 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

#### 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

### FROM AN EXPERT’S PERSPECTIVE

#### 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

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