



Friends

Helping a friend to breastfeed can be the best gift you'll ever give to her and her baby. The most important thing you can do to support breastfeeding is simply to be available and positive about breastfeeding. If you can't offer breastfeeding help on your own, you can offer to help find some answers.



Some ways you can help a breastfeeding friend are:

- Listen to your friend's concern about breastfeeding.
- Be positive about breastfeeding.
- Talk about your own experiences with breastfeeding (if you breastfed and had a positive experience).
- Encourage your friend to feed her baby. Offer to help with caring for the baby.
- Help with other children in the house.
- Help with household chores like laundry, cooking, cleaning or grocery shopping.
- Ask mom what she would like you to do for her and the baby.
- Praise mom for doing a great job.