

tower hamlets babies are  
**born to breastfeed**



***As a father, grandparent, other family member or friend, you can help out with breastfeeding and get closer to a new baby at the same time***



### ***Helping a breastfeeding mum***

- tell her she's doing a fantastic job by breastfeeding
- help out with cooking, cleaning and laundry
- take care of the baby's brothers and sisters
- offer to take the baby between feeds
- encourage her to get help if she's finding breastfeeding painful or difficult



### ***Getting closer to the baby***

- bath the baby, give a massage or cuddles
- talk or sing to the baby
- take him for a walk
- carry him in a sling
- or just spend time by holding the baby and having more close contact



***Giving bottles to babies while they are breastfeeding can make feeding more difficult and will reduce the health benefits the baby gets from breastmilk***



## ***Why is breastfeeding so good?***

Breastfeeding is normal and natural. It provides all the nutrients a baby needs. Breastfeeding offers the baby protection from cot death, asthma, eczema, serious infections, allergies, childhood diabetes and obesity. It builds the baby's intelligence and contributes to life-long health and well-being.

Mothers who breastfeed have a reduced risk of developing breast cancer, ovarian cancer and osteoporosis.



Everyone wants babies to be **healthy** and to be able to **reach their full potential**. By supporting a mother who is breastfeeding her baby, you will help them both to live healthier lives.



## ***Did you know?***

Babies need to feed whenever they are hungry and for as long as they wish.

Babies are healthiest if they have just breastmilk for the first 6 months – that means no formula, no water and no food.

Even after starting on solid foods, your baby will continue to benefit from breastfeeding.

The longer the baby breastfeeds (days, weeks, months, or years) the greater the benefits for baby and mother.

With the right information and good support, a mother will be able to breastfeed comfortably and will produce all the milk her baby needs.

There is a lot of support for breastfeeding mums in Tower Hamlets. Ask a midwife or health visitor for more information, or call 020 7791 8226.



Tower Hamlets  
Sure Start Children's Centres