



Midwives - Terryll and Julie

As midwives we aim to educate women in understanding why breastfeeding is the best choice for their baby. When we invest time into breastfeeding the reward is great. Our advice to women is **“Don’t make the decision to stop when you are tired, upset or sore as it will get easier, all it could take is a simple technique change”**.

A common misconception is that frequent feeding is a sign of a low milk supply so informing mothers on the importance of cluster feeding as the body’s natural way of increasing supply has given confidence to many to continue feeding.

We believe that breastfeeding gives babies the best start to life due to its health benefits by providing antibodies to prevent illness and reducing the chances of obesity and diabetes later in life. Breastfeeding is more than providing nutrition it’s about nurturing, protection and bonding between mother and baby.

Breastfeeding
for **GOODNESS** sake



Southern District
Health Board