



Nicole and Amara

I chose to breastfeed Amara because of the health benefits breastfeeding provides and I wanted to do what was best for her. Amara has been exclusively breastfed for 6 months, there were times when it seemed too hard and I wanted to give up but with support from my mum and family I persevered with breastfeeding and I wouldn't have it any other way.

Other than the health benefits it is great bonding time to get to know your baby and it's free and convenient. I know that other young mums are surprised I breastfeed, I wonder if they choose not to breastfeed because they lack the necessary support and don't know how to access support in the community.

In other cases some young mums may feel that breastfeeding will interfere with their social life and even though it is only for a short time they opt to not breastfeed. I would like to support and encourage other young mums to breastfeed because I know how hard it can be but I also know that benefits for mum and baby are worth it.

Breastfeeding
for **GOODNESS** sake



Southern District
Health Board