

Breastfeeding Confidence: The bare necessities to feel comfortable anywhere!

As a mom, breastfeeding can be one of the most beautiful periods of your life but there's often the fear that you're not prepared. Every mom wants the best start for their baby, so here are ten tips to help you deliver the nourishing benefits it brings, anywhere, if you choose to breastfeed!

1. Choose a top that allows you to feed or express in comfort. Loose tops that you can lift up or crossover tops that have easy access without putting pressure on the breast are good options.

2. Wear a nursing bra to give you the correct support and access.

3. Don't forget to carry extra breast pads with you to avoid leaky moments.

4. Try and sit in the right position to feed; as upright as possible with some back support. Seek out a chair with arms for added support if you can find one.

5. Try to ignore anyone who makes you feel uncomfortable when feeding. If you feel more at ease with a muslin cloth to cover up, try to carry one with you.

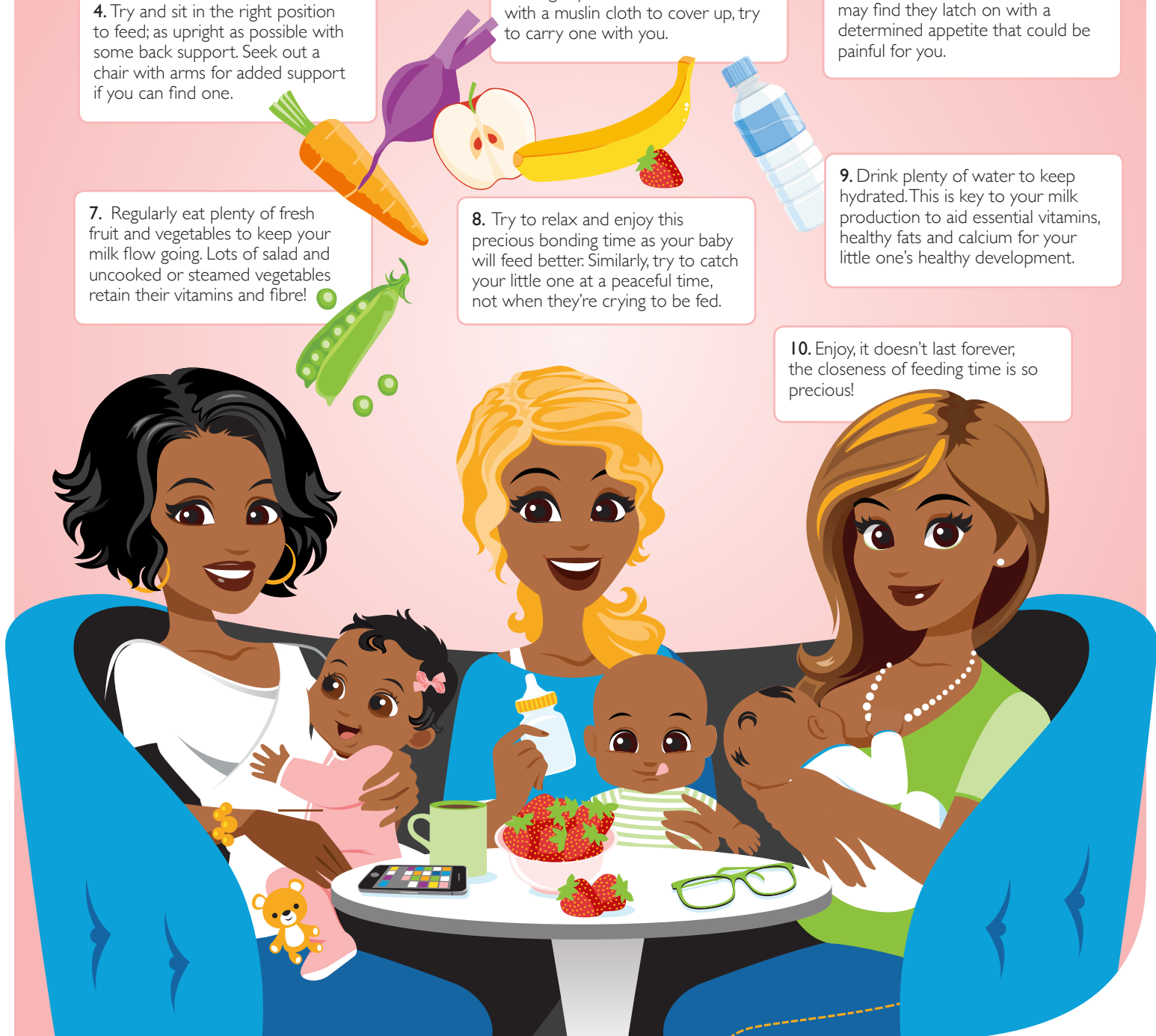
6. Don't wait until your baby is very hungry to feed them as you may find they latch on with a determined appetite that could be painful for you.

7. Regularly eat plenty of fresh fruit and vegetables to keep your milk flow going. Lots of salad and uncooked or steamed vegetables retain their vitamins and fibre!

8. Try to relax and enjoy this precious bonding time as your baby will feed better. Similarly, try to catch your little one at a peaceful time, not when they're crying to be fed.

9. Drink plenty of water to keep hydrated. This is key to your milk production to aid essential vitamins, healthy fats and calcium for your little one's healthy development.

10. Enjoy, it doesn't last forever; the closeness of feeding time is so precious!



By Kate Nicolle, Parenting Consultant and Founder of Kidology

Share the insider tips that helped you feel prepared and comfortable as a mommy when out and about feeding, on Philips Avent Facebook
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