



# Western Upper Peninsula Health Department **BREASTFEEDING**

*The quarterly newsletter for breastfeeding information*



## **ESTABLISH A TEAM**

*One of the best things you can do to achieve a successful breastfeeding journey is to put together your own special team of people.*

Much like anything you're new to learning, having the right support system can be a tremendous help in your success.

### **Start the conversation.**

After talking to a breastfeeding peer counselor, a close friend or family member who has breastfed, or a health care professional about what you'd like to accomplish during this season, the next step is to inform your support system how they can assist. This can consist of how long you'd like to breastfeed, what would help you achieve that goal, and help you may need while breastfeeding.

Once you've established a plan and have your people on board, it will be much easier to face any challenges.

Breastfeeding is not always a smooth journey, which makes it even more important to be on the same page with those around you so this will help them encourage you even on the bad days.



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person  
This institution is an equal opportunity provider*

**Here are some steps you can take:**

1. As stated above, think about who you want to have on your team. If you don't have a friend or family member in mind, your local Health Department offers support from Breastfeeding Peer Counselors. You will want the people you pick to be supportive and a safe place for you. It's important that they not only understand what you are hoping to accomplish, but are willing to encourage you in the process.
2. Make time before baby comes to talk with your team about why it's important to you to breastfeed.
3. Be specific in letting your team know how they can help you. Inform your team on what they can do to help ease your journey.
4. Sometimes your team may need a reminder. A reminder that this is YOUR breastfeeding journey and to respect whatever decisions you have made. It helps to remember that for yourself as well. This is a journey that you're sharing with your baby. Don't let anyone take that from you.

**How your friends can help:**

- Bring over homecooked meals.
- Help care for other children or pets.
- Hold and/or caring for baby so you can get some rest.
- Refrain from offering unsolicited advice.
- Listen and talk.
- Help get household tasks accomplished.
- Run to the store.
- Offer encouragement and support.

**If you don't feel comfortable talking to a family member or friend, please don't hesitate to reach out to your local Health Department to get in touch with your Breastfeeding Peer Support person.**

**We are here to help and encourage you without any bias.**

**Let's meet your goals together!**

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