

Module 4B- Am I stuck here or is it bonding?

What I learn: I don't need to feel alone when breastfeeding my new baby.

What can I do as a new breastfeeding mom so I don't feel alone?

- Ask my mom to come over every day (and night).
- Ask my baby father to be there every day (and night).
- Ask my friend or baby father to help me go to doctor/nurse visits.
- Snuggle close with my baby
- Hold the baby "skin to skin" on my chest.
- Show dad how to hold the baby "skin-to-skin" on his chest.
- Join a support group for breastfeeding or new moms and go to MomsClubs.

What can I do as a new breastfeeding mom so I don't feel cooped up or stir crazy?

- Take my baby (in a soft carrier) and go out to the store.
- Call my girl friend/mom/sister on the phone.
- Ask my baby father for a massage.
- Put the baby in a safe place and do some stretches and exercises on the floor.

How can I take a breastfeeding baby out?

- Use a baby sling, wrap or carrier.
- If I am out for just a couple of hours I don't even need the diaper bag.

How can I breastfeed away from home?

- I don't need to expose my breasts- I can turn around to latch the baby.
- I can go into a ladies room or changing room or behind an aisle to latch the baby.
- I can ask my girlfriend or baby father to stand in front of me while I latch on.
- I can breastfeed under a poncho or shawl or large scarf or receiving blanket.
- Act like nothing is happening- others will do the same.

What if I feel isolated (all alone) as a breastfeeding mom?

- Remember breastfeeding is very short when you compare it to baby's first years.
- Remember this special bonding period will make a difference for a lifetime.
- Remember I will look back on these first weeks and wish them back.
- Remember I am the only one who can give my baby breast milk.**
- Join a support group for breastfeeding or new moms and go to MomsClubs.
- Talk with my baby's father and my family about the baby.
- Reach out and ask for help from my family, my CHW, my doctor or nurse