

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

Teaching Point: Mom does not need to feel alone with breastfeeding her new baby.

Possible Game Plan: Review questions and answers, brainstorm other ideas together. Let her know she can change and add and make her own responses also.

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's father/ my partner to be there every day (and night).
- Ask my friend or baby's father/ my partner to help me go to doctor/nurse visits.
- Snuggle close with my baby and hold the baby “skin to skin” on my chest
- Help my baby's father/ my partner hold the baby “skin-to-skin” on his chest.
- Join a virtual or in-person support group for breastfeeding or new moms.
- Join a FaceBook (or other social media) group for breastfeeding moms like me
- Call or text with my girlfriend/mom/sister/WIC peer/CHW.

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 or on a walk.
- Ask my baby's father or my partner for a massage.
- Put the baby in a safe place and do stretches and exercises on the floor (try free app fitnessblender.com).

How can I take a breastfeeding baby out?

- Use a baby sling, wrap or carrier- I don't need bottles or formula.
- 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 can go into a ladies' room or changing room or behind an aisle to latch the baby.
- I can ask my girlfriend or partner 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.
- Talk with my baby's father/ my partner and my family about the baby.
- Reach out and ask for help from my family, my CHW, my doctor or nurse