

INSPIRING MOMS TO IMPLEMENT SELF-CARE
THROUGHOUT THE BREASTFEEDING JOURNEY!



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What are general needs of BF moms?



- REST
- NUTRITION
- EMOTIONAL, PHYSICAL and MENTAL HEALTH
- SUPPORT SYSTEM

While there are many blissful moments throughout a mothers BF journey it is important to develop a go to practice to counteract barriers that often times moms experience on this journey.



Why is self-care for the BF Mom so important?

- Helps to reduce stress, allowing for clarity and better decision making habits
- Helps to build confidence and understanding that they are important too
- Helps to implement techniques to use to stick with BF goals and other tasks as she adjust to her new normal.

Reducing Stress

Balancing stress gives our BF moms control over their BF experience and lives overall.

Smart self-care habits like eating healthy, delegating home care needs to family and friends or, practicing some form of independent reflection time, may reduce the effects of stress by aiding in the improvement of moods and increases energy and confidence.



Building confidence

BFFC's should:

- Recognize strengths and Count successful moments during contacts!
- Having confidence allows Moms to push through challenges that may come with the breastfeeding experience.

Challenges: sore nipples, low supply, cluster feeding and growth spurts, engorgement and plugged ducts, exhaustion and sadness or depression.



Techniques to Implement

1st we have to share with the women that we make contacts with. That it is 100% okay to give yourself permission to do any of these techniques without guilt.

- Resting/"Get more sleep" (find ways to rest when baby is resting or being cared for by others)
- Skin-to skin (begin to share with moms , how s2s benefits both mom and baby for relaxing)
- Practice deep-breathing.
- Practicing heathy solitude (allowing for small moments alone to reconnect)
- Eating and Exercising

Breastfeeding Affirmation Cards

CAN BE USED TO KEEP MOMS ENCOURAGED.

**I am in
CONTROL of MY
breastfeeding
JOURNEY!**

**I FEEL good,
I am STRONG, & I
will keep going!**

MY BABY AND I ARE BENEFITING SO MUCH FROM
BREASTFEEDING!

**I will trust
MYSELF my
body and my
baby**

WE ARE MORE THAN CAPABLE! WE ARE DETERMINED!

**I will ask
for help with
overwhelming things!**

I WILL ALLOW FAMILY & FRIENDS LEND A HAND!





REFERENCES

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