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Feeding Your Baby

Feeding can be straight-forward or it can be a slightly more complicated, emotional affair but there's no right answer, so it is about finding what works for you and your baby and what feels right, along with getting good support. It can be useful to think about these questions...

1. Why could breastfeeding be challenging?

2. What can you do to make feeding more comfortable?

3. Where can you go to for support and reassurance with feeding?

4. What are the signs that your baby is feeding well?

Notes, Ideas & Questions

**If you have any questions about feeding, please don't hesitate to get in touch.
Janine Smith – a specialist in pregnancy, birth and early parenting**