



Encourage her and remind her that she's doing a great job.



Help in small but mindful ways: make her a cup of tea or bring her water, cook her a meal, give her a foot massage.



Look after the baby while she does something for herself like has a long bath, goes for a walk, or meets a friend for coffee.



Take some of her mental load by taking responsibility for certain domestic tasks.



Take other kids in the family out for a day so she can focus on the baby.



Do skin-to-skin with baby (if possible) to encourage bonding and avoid the mum feeling 'touched out'.



Advocate and champion her to breastfeed in public.



Save the Breastfeeding Helpline (1800 686 268) number in your phone to call with any questions.



Book expectant mums and their partners into an online or in-person Breastfeeding Education class.



Check the local groups' calendar of events for any community events of interest to attend together, whether in person or online.