



infection rates



Ben Gilchrist liked



**ABA @OzBreastfeedi...** · 12h :  
This World Breastfeeding Week (1-7 August 2021), we're celebrating the village of support that's so essential for breastfeeding mothers.

Check out and share wide these top 10 support tips, some of which can be provided by your virtual village!

**Top tips for supporting a breastfeeding mother**

- 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 a load off her by doing household tasks for certain days.

