

BREASTFEEDING SUPPORT

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WELCOME WELCOME

A huge, heartfelt congratulations from me to you!

Giving life is the most special gift a woman can share. I am beyond excited for you and I hope you find these resources helpful and knowledgable and they help to put any stress at ease!

My theory is “don’t question, just ask!” so please feel free to reach out with any specific queries you or your partner have!

Much love,

Meegs x



Mumma's health and wellbeing

You have just birthed your baby! Congratulations!!! What a huge journey you and your baby have been on together. Labour and birth is a marathon and it doesn't stop now; in-fact this is just the very beginning of your wonderful motherhood story.

Your physical, emotional, mental and spiritual wellbeing is of the upmost importance.

Please give yourself time and space to regularly check in with each aspect of your health and wellbeing.

Here's some tips for all:

Physical–

- Ensure you are eating nutritious meals with plenty of colourful and vibrant foods; good quality proteins; whole grain carbohydrates; healthy fats and of course mumma cacao!!
- You are now eating for two: feeding your baby is a tiresome job so eating a balanced and wholesome array of foods is vital!
- If you need nutritional support please do not hesitate to reach out.
- Stay hydrated! Lots of water, hydrolytes, herbal tea and broth!
- Gentle but steady exercise: like walking, yoga, cycling, swimming.
- Vitamin D– enjoy some beautiful sunshine everyday

Mental–

- Notice how you are feeling each day and allow yourself time and space to navigate these feelings
- Share your rollercoaster with your partner/doula/family/support team
- Reach out to support groups if you need external and extra assistance

Spiritual–

- Keep a journal of your triggers, fears, jubilation and excitement
- Note your connection to your self and your baby
- Follow and let yourself be guided by your intuition
- Find support in energy healings or clearings

- Connect with yourself and your baby with specific (and guided)
- Breathwork
- Pregnancy Yoga can assist with spiritual connection

Emotional–

- Journal your feelings, emotions and fears
- Note down anything to be processed with your doula or health care provider (fear release, questions, unresolved wounds etc)
- Do an emotional scan of your body each day from head to toe
- share your thoughts and feelings with your partner, doula, family or support person to share the load.



Breastfeeding Support:

Whether this is your first or subsequent baby, breastfeeding is a journey! One that sometimes can be overlooked as we talk so much about pregnancy, labour and birth.

Remembering you and your baby are a team and this experience is unique for you will always bring some perspective.

Self compassion is very important while starting your breastfeeding – it can sometimes be frustrating, sometimes painful and sometimes exhausting.

HOWEVER, it is beautifully natural, rewarding and fulfilling.

Learning your babies cues and feeding on demand will create a tight bond with your baby and create security and trust between you both.

Remembering your baby has a tiny tummy and when feeding on demand you start to produce the perfect amount just for them, and as your baby grows so will your supply.

Eating well and staying hydrated will keep your energy up while you are learning and beginning to produce milk. Rest when your baby rests!

Making the decision to breastfeed is the most wonderful choice for your mental and physical health as well and your babies!

Study shows that exclusively breastfeeding your baby for 6 months gives them the best chance at a healthy microbiome and also the best growth outcomes. Feeding your baby till age 2+ is of wonderful health benefits!

Trust in the process

Local:

Alissa: Thrive Health

[🌐 Lactation, Breastfeeding & Bottle Feeding — Thrive Hea...](#)

MYLK: Physio Collective

[🌐 Breastfeeding Clinic — Physio Collective – Mid North C...](#)

Kylie: Nurture Lactation

🌐 Services — Nurture Lactation

NSW:

Women's Health:

🌐 Finding breastfeeding support and information | Office o...

Australia:

Australian Breastfeeding Association:

🌐 Contact us | Australian Breastfeeding Association

Maternal Instincts: Amberley Harris

<https://www.maternal-instincts.com.au/?v=b870c45f9584>

