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Breastfeeding with confidence: support every step of the way

Breastfeeding is a natural way to feed your baby. It provides all the nutrients your baby needs to grow healthy and helps protect against certain infections. Breastfeeding can support bonding between you and your child.

However, it's normal to face challenges, especially at first (pain, fatigue, concerns about milk supply or latching). These situations are common and don't mean you're doing anything wrong. With the right support, several simple solutions can be implemented.



Your doctor, a nurse, or a lactation consultant can support you. They can help you improve your latch, reduce pain, and answer your questions. Reliable resources are also available to support breastfeeding or meeting your baby's nutritional needs if you cannot/choose not to breastfeed.

Every breastfeeding experience is unique. The important thing is to find what works best for you and your baby in a supportive and pressure-free environment. If you have questions or need support, talk to a healthcare professional today.

To learn more,
[click here](#)