



## WHAT MUMS CAN DO

Before your baby arrives, get the facts on breastfeeding.

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## WHAT DADS CAN DO

Help around the house, reduce stress for your partner & make sure she gets enough rest.

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## WHAT FAMILY & FRIENDS CAN DO

Provide emotional support and practical help (deliver groceries, cook meals, clean the house).

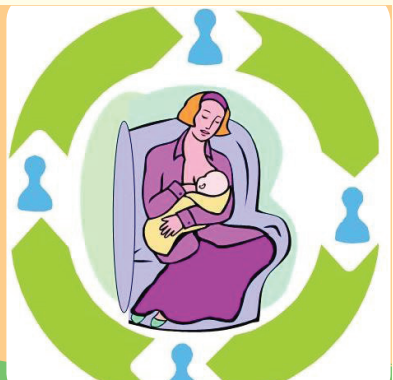
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## WHAT CAN BE DONE IN THE WORKPLACE

Give enough maternity leave for mums to get breastfeeding established.

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## WHAT COMMUNITY CAN DO

Businesses can apply for Breastfeeding Welcome Here status.

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