

Breastfeeding Journey Map



Before Baby's Arrival

Prepare for breastfeeding:
attend Antenatal Classes.

Baby's Arrival - Birth

Skin to skin contact and 1st breastfeed with colostrum in 1st hour.

Day 3 - 4

Milk comes in. Visit the ABA for more info.
Home visit from midwife.
Visit lactation clinic.

Day 6

Visit/Support from Maternal & Child Health Services.

3 Weeks

1st growth spurt.
Increase breastfeeding.

6 Weeks

Sleeping patterns developing. 2nd growth spurt.

3 - 4 Months

Feeding less and sleeping more. Increased distractibility during breastfeeding. 3rd growth spurt.



6 Months

Starting solids and 1st tooth: latch carefully!
4th growth spurt.



9 Months

Increased waking at night.
Balancing breastfeeding with work.

1 Year

Congratulations you have breastfed for a year! Learning to walk. Increased comforting back to sleep.

