

We're with you all the way

Sign up to the challenge online to help you track your breastfeeding journey and for advice and support.

If you are struggling with breastfeeding or just need reassurance, there are lots of people who can help.

Get in touch with your midwife, health visitor, peer supporter or local children's centre. You can also look for breastfeeding support groups in your area.

You can also call the National Breastfeeding Helpline on

0300 100 0212 (daily, between 9.30am and 9.30pm)

My useful numbers...

My health visitor team: _____

Children's Centre: _____

Other: _____

"Relax. Accept that it is perfectly normal to feel up and down in the first few weeks and enjoy the time together."



Take the
6 week

Breastfeeding

Challenge

Let's get started

Welcome to the six week breastfeeding challenge

Here's how to get started:

Before you start choose how you will reward yourself when you reach your target.

Whether it's just a long hot soak in the bath or treating yourself to your favourite chocs, pick something that works for you.

At the end of the week you'll have a well deserved reward to look forward to.

Each day that you breastfeed make a mark on the chart. You'll soon find the chart filling up which will help remind you how well you are doing.

Finding things tough?

Everybody needs a little help sometimes, especially with a new baby to care for.

Turn to the back page for a list of people you can contact.

Good Luck

My 6 week breastfeeding journey

"Take one day at a time and remember you are doing a fantastic job"

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My treat for the week
Week 1	★	★	★	★	★	★	★	
Week 2	★	★	★	★	★	★	★	
Week 3	★	★	★	★	★	★	★	
Week 4	★	★	★	★	★	★	★	
Week 5	★	★	★	★	★	★	★	
Week 6	★	★	★	★	★	★	★	

Week 7... and beyond

Congratulations - you've done a fantastic job!

Now you've got the hang of things why not carry on. The longer you breastfeed for the more goodness your baby gets.

Completed the challenge?

We'd love to hear how you did. Visit breastfeedingchallenge.co.uk and fill in a short questionnaire.