



CanBreastFeed  
Contemporary Breastfeeding Advocacy Service

# SOME WAYS WE CAN TRULY SUPPORT PARENTS WITH NEWBORNS :



FEED THEM



MAKE THEM CUPS OF  
TEA



HUG THEM WHILE THEY  
CRY



MASSAGE THEIR  
SHOULDERS



COLLECT AND FOLD  
THEIR WASHING



VACUUM THEIR  
HOUSE



WALK THEIR DOG



ENTERTAIN THEIR  
OLDER CHILDREN

TELL THEM HOW  
AWESOME THEY  
ARE RATHER THAN  
WHAT WE DID OR  
WHAT WE THINK  
THEY SHOULD DO

GIVE THEM SPACE TO DEVELOP A POWERFULLY LOVING RELATIONSHIP WITH THIS  
BRAND NEW PERSON IN THEIR LIVES.

THEIR ROLE IS TO LOVE AND NURTURE BABY - OUR ROLE IS TO LOVE AND NURTURE THEM



Te Puawaitanga  
ki Ōtautahi Trust