

We use the term breastfeeding throughout this infographic, but the information applies to chestfeeding, Trans, and Non-Binary individuals as well

MAMA Lab Learning Hub

# Peer-to-Peer Breastfeeding Support

Swipe to know more



**MAMA Lab**



Researchers in Australia found that mothers who received telephone-based **peer support** postpartum were **more likely** to **continue breastfeeding** for at least **6 months**.

(Forster et al, 2018)



## Connecting with peers about breastfeeding has been shown to increase...

- **Overall duration** of breastfeeding
- **Perseverance** and **hope** to continue breastfeeding
- Opportunities to **ask questions** and explore solutions
- Confidence, self-esteem and **mental health**
- **Advocacy** for infant feeding

(Thomson, Crossland & Dykes, 2011; Forster et al, 2018)





# Resources

- La Leche League Canada
- Your local family resource centre
- Parents and Children Together Resource Center (PACT)
- The Leaky Boob
- Breastfeeding Peer Support in Nova Scotia (Facebook group)





# References

Forster et al (2018). Proactive peer (mother-to-mother) breastfeeding support by telephone (Ringing Up About Breastfeeding Early [RUBY]): A multicentre, unblinded, randomised control trial. *EClinicalMedicine*, 8, 20–28.

Fry et al (2021). "Infant feeding experiences and concerns among caregivers early in the COVID-19 State of Emergency in Nova Scotia, Canada." *Maternal & Child Nutrition* 17(3): e13154

Thomson et al (2011) Giving me hope: women's reflections on a breastfeeding peer support service. *Maternal & Child Nutrition*, 8, 340–353.