

# **Building a Breastfeeding Support Network**

**Sahira Long, MD, Pediatrician**

I think a support network for a breastfeeding mom is crucial because, you know, it's something that you're definitely doing alone but you don't have to feel lonely doing it.

**Ekere Ekandem Olojala, Mary's Center WIC Director**

Family support is very important because they are the ones that around the majority of the time so when mother is feeling as if she doesn't want to do it any more or she wants to quit, they will be the ones to encourage her and to help her continue to take care of the child.

**Letisha**

My mother was an important part and also, I was lucky in that my sister had just given birth three months prior and I think that really kind of demystified it for me because it is just one of those things that people don't really talk about in terms of how it actually works so, you know, being able to see that and being able to watch my sister go through it and I kind of had, felt like I had a little bit of a training session before.

**Sahira Long, MD, Pediatrician**

The help of my colleagues was truly beneficial. Knowing that there was a support network at work was definitely helpful.

**Michele T.**

A support network is really important, be it friends or other family, because there are aspects to breastfeeding that, like anything else that is worthwhile, are slightly challenging. In the beginning, having people to ask questions, people to say you can keep going, people to say that this is the right thing for your child is helpful.

**Shauné**

My husband, the best support system that I have, he's, if he could have breastfed my kids he would have, especially when I stopped. My mom, my dad, they came up and helped out so that I could have some down time to kind of, you know, figure things out but my mother-in-law, as well. It was just, I think for me, it made the difference in terms of being able to nurse my twins as opposed to formula-feed them because I had people around me that were willing to help me do that.

**Sahira Long, MD, Pediatrician**

My husband, you know, did everything that he could to make sure that my breastfeeding experience was what I wanted it to be so little things like that that just made it doable, that made me feel like, you know, you're not alone. You have people in your corner that want you to succeed in this, I think, is key.