



*Babies  
ask for  
what they  
need.*

*It's okay  
for you to  
ask too.*

Breastfeeding is the natural, healthy option for both mother and baby. But it can be demanding and stressful at times.

Asking family and friends for a little help and support when you need it can make all the difference.

Remember, it's okay to ask.



For help and information please call **0800 111 116** or visit [www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)