

# Feeding your baby

It's an important  
decision and we're  
here to support you.

Your community midwife will help  
you explore your thoughts and  
feelings, so that when your baby  
is in your arms you can make an  
informed decision.

Take a look on your maternity  
notes app for more information  
about the benefits of breastfeeding  
for you and your baby, including  
answers to the most frequently  
asked questions.

