

Nourishing You and Your Baby: Mental Health Support for Your Feeding Journey

Feeding your baby, whether by breastfeeding, formula, or combination, is a journey that can stir many emotions. Taking care of your mental health while feeding is as important as caring for your baby. This resource is here to support you in finding balance, calm, and reassurance through simple yet impactful affirmations, mental health check-ins, and supportive guidance.

Affirmations to Support You

These affirmations are here to remind you of your strengths, your love, and the unique path you're on with your baby. Check the ones that resonate most:

- *I am enough for my baby, and I am doing my best.*
- *I am allowed to change my feeding plan if it supports my well-being.*
- *My baby's health is important, and so is my mental health.*
- *There is no perfect way; I am giving my child love, and that is what matters.*
- *It's okay to ask for help, and it's okay to pause when I need to recharge.*

Reflect

Write down any thoughts that come up after reading these affirmations. How do they make you feel today?

Checking In With Yourself

This part of your journey can bring unexpected feelings. Let's pause to see where you're at and what you might need:

1. Emotional Reflection

How do you feel during and after feeding times? What emotions or thoughts are most common?

2. Handling Pressure



Is there any pressure, guilt, or uncertainty around your feeding choices? Reflecting on this can bring clarity to what's truly right for you and your baby.

3. Reaching Out

Is there any support you could use right now, whether that's from a lactation consultant, therapist, or a friend? Write down who or what type of support might help lighten the load.

Supporting Your Mental Health During Feeding

Here are some therapist-backed tips designed to make feeding a healthier and more balanced experience for you, without pushing for perfection.

1. **Stay Flexible:** Sometimes plans need adjusting. Whether you're exclusively breastfeeding, formula feeding, or combining both, give yourself the freedom to adapt based on your mental and physical needs.
2. **Prioritize Your Energy:** Feeding can be tiring, especially during those early weeks. Take moments to rest, breathe, and even step away for a short mental break when possible.
3. **Let Yourself Feel:** Feeding can evoke various emotions. Some days might feel fulfilling, while others may bring up stress or doubt. Honor these feelings; you don't have to fix them right away—sometimes, just acknowledging them is a powerful first step.
4. **Build Bonding Beyond Feeding:** Remember that feeding is only one way to connect with your baby. Cuddling, singing, and talking to them create powerful moments that nurture your relationship, allowing you to relax and enjoy the connection in different ways.

Your Circle of Support



Who can you lean on during this time? Having a circle of supportive people can make all the difference. Use this checklist to identify your sources of support:

- **Lactation Consultant:** _____

- **Mental Health Professional:** Kameela Osman, MSW, RSW, PMH-C

kosman@elitec-c.com

www.elitec-c.com

[905-419-3242](tel:905-419-3242)

- **Family or Close Friends:** _____

- _____

- _____

- **Parent Support Groups (online or local):**

- Postpartum support international - <https://www.postpartum.net/get-help/psi-online-support-meetings/>

- Free virtual monthly Mom wellness group with Elite Counselling & Consulting <https://www.elitec-c.com/featured-workshops/free-mom-wellness-group/>

You're navigating both feeding and self-care, which takes strength and compassion. As you finish this worksheet, consider this question: What small act of care can you offer yourself today that would support both your well-being and your role as a nurturing parent?

