

# Breastfeeding

## Snakes and ladders

### Understanding Your Journey

Snakes and ladders was originally called Mokshapat, meaning game of Knowledge. Just like our tool, sharing breastfeeding knowledge. It is a game where no two journeys are the same, some take an easy route while others feel like they may have taken three steps forward and 2 steps back. Also your breastfeeding journey can be like the luck of the throw of the dice, you deal with what you are given. But with support, patience and information from MyChild.ie you will reach your goal. Best of luck on your journey feeding your baby.

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40 Likely growth spurt	41 Fertility and breastfeeding	42 Likely growth spurt	2 Months	3 Months Likely growth spurt	4 Months Breastfeeding while pregnant	5 Months	6 Months Introduce solids Return to work	1 Year WHO Guidelines	2 Years Extended breastfeeding If you wish to stop breastfeeding
39 Breastfeeding in Public	38 Candida	37 Breastfeeding twins	36 Feeling a little overwhelmed	35 HSE online support	34 Family Support	33 Combination Feeding Paced bottle feeding video	32 Find an IBCLC	31 Cluster Feeder/ Fussy feeder	30 Mastitis
20 Partner	21 Baby	22 Caring for older Children	23 Soothe and breastfeeding	24 Expressing	25 Premature booklet	26 First Growth Spurt Likely Milk supply	27 Sore nipples	28 Is my baby getting enough?	29 Breast Compression
19 Blocked duct	18 Tongue tie	17 Peer Support Groups	16 Restarting breastfeeding after stopping	15 Baby sleep info	14 Health & lifestyle Breastfeeding tips	13 First Growth Spurt Likely Milk supply	12 Sore nipples	11 Is my baby getting enough?	10 Breast Compression
1 Safe skin to skin Beutler and travelling families	2 Position & Attachment Video	3 Feeding Cues Newborn breastfeeding Routine	4 Milk Coming in Hand express Video	5 Babies may lose 10% of birth weight by today	6 Breast Compression Local HSE Supports	7 Sore nipples	8 Is my baby getting enough?	9 Breast Compression	9 Local HSE Supports



Click on the text for more info!

No two journeys are the same.

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Developed by Stephanie Murray, Wexford General Maternity Hospital ©