

Review the picture and identify as many breastfeeding supports and barriers as you can. How many can you find?



Source: A I Generated

Breastfeeding Supports and Barriers

Reflect

- What aspects of the environment support breastfeeding?
- What barriers to breastfeeding did you see in the picture?
- Which barriers were the easiest to spot? Which were more subtle?
- Were there any barriers that surprised you?

Discuss

- How might this environment affect a family's breastfeeding experience?
- Which barrier do you think would have the greatest impact on a family's confidence or infant feeding goals? Why?
- Which barriers are related to the physical environment?
- Which barriers are related to policies, procedures, or staff practices?
- How might the barriers affect different families, including those experiencing language, cultural, financial, or accessibility challenges?
- What role do healthcare providers, leaders, and organizations each play in addressing the barriers?

Strengthen

- What breastfeeding-friendly practices are already in place that should be maintained and strengthened?
- If you could change just one thing in this environment, what would it be?
- Which improvements could be implemented quickly with little or no cost?
- Which improvements would require leadership support or organizational change?