

Become a Breastfeeding Support Mom



Breastfeeding Support Group



What is Nourri-Source?

Nourri-Source is a breastfeeding support group, composed mainly of volunteers called **Breastfeeding Support Moms**. One of our greatest strengths is the pairing of every mother with a volunteer so as to establish a relationship of trust, which allows greater support for mothers during their breastfeeding experience.

A Breastfeeding Support Mom is a volunteer:

- Who is knowledgeable and has had a positive breastfeeding experience, even though she may have encountered some difficulty;
- For whom breastfeeding is important and is the most natural way to feed a baby;
- Who wants to learn more about breastfeeding and lactation;
- Who has completed a basic training, and is provided with opportunities to learn more on a continuous basis.

What do they do?

- They offer mainly active listening, encouragement and personalized technical advice by telephone;
- They adopt a non-judgemental attitude and respect mothers' choices during the course of their volunteer work;
- They may be involved in prenatal classes, local breastfeeding clinics, special committees or the administration of the group at the regional or provincial level.



Why become a volunteer?

- To get involved and make a difference in your community;
- To be part of a dynamic group that shares your interests;
- To expand your network of friends;
- Because it is very rewarding to help someone overcome challenges related to breastfeeding.



Interested? **Contact Us!**

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The Source to Successful Breastfeeding

www.nourri-source.org