

Maternal Space: emotional support at home to help breastfeeding mothers

LOCATION: Cádiz

DURATION: 1'47"

SUMMARY: Lourdes Muñoz is a mother and social educator, trained in maternity and the first born. Lourdes says that sometimes mothers, especially first-time mothers, feel disorientated and confused. Furthermore, difficulties when it comes to breastfeeding cause feelings of distress. For this reason, she has created Maternal Space, a venture project based on home visits to provide emotional support to parents and help with breastfeeding.

VTR

Silvia had problems breastfeeding her daughter just after giving birth...

SILVIA PÉREZ
Mother

"Cracks were appearing, and since then, it has hurt me. Maybe it was my fault that she didn't take to breastfeeding well, I don't know how it happened... well, I felt distressed and guilty."

But she found help, help in Lourdes: mother, social educator, and trained in maternity and the first born.

LOURDES MUÑOZ
Maternal Space

"I make individual visits to homes, both for breastfeeding and emotional support."

LOURDES MUÑOZ
Maternal Space

"They are disorientated, they feel lost."

For this reason she created Maternal Space, a venture project geared towards making the early days of motherhood easier. Upon discovering this, Silvia found support and useful advice.

SILVIA PÉREZ
Mother

"The correct posture, how to hold myself, to make sure the mouth is more open, the baby looking towards me, that I had a relaxed posture."

LOURDES MUÑOZ
Maternal Space

"My aim and desire is that us mums unite and tell each other what's happening to us."

With this aim, Lourdes also runs the creation of mothering groups through Maternal Space. María has participated in one of these.

MARÍA GERALDÍA
Mother

"To find a space where nobody is going to judge you, nobody is going to put pressure on you, everyone understands you, they are going to reach out to you and you can be yourself, it is really necessary."

In Spain, 80% of mothers opt to breastfeed but half of these, according to data from the Spanish Paediatric Association, give up within 3 months for various reasons. Speaking of which, how is it going with Silvia and her baby Andrea?

SILVIA PÉREZ
Mother

"Successful breastfeeding, I don't have any problems and everything is going really well."

For more information or support please call +34 662 369 820 or email info@andalusianstories.com