

thompson method

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The Thompson Method Breastfeeding | Pain-Free Breastfeeding

The Thompson Method developed by Dr Robyn Thompson, is a gentle, evidence-based approach to birth and breastfeeding that helps women breastfeed pain-free.

Breastfeeding Course - The Thompson Method

Download The Thompson Method Birth & Breastfeeding Plan template so that you can create your own plan, based on Dr Robyn's 50 years experience as a midwife. Your healthcare team will know exactly what's important to you, and how they can best support you.

Download Breastfeeding Tips & Free Guide | The Thompson Method

Looking for breastfeeding tips? Download our free guide & learn how to breastfeed pain-free with The Thompson Method. Get your free guide now!

About The Thompson Method Breastfeeding: Empowering Mothers and Babies

What is The Thompson Method? The Thompson Method is an evidence-based approach to breastfeeding, grounded in an anatomical understanding of the breastfeeding mother and her baby. But it's about more than technique. It's about belief.

The Thompson Method Breastfeeding Program for Breastfeeding Women

The Thompson Method online program can help you overcome challenges so that you can continue to breastfeed your baby for as long as you choose— pain-free and full of confidence.

The Beautiful Breastfeeding Program | The Thompson Method

The Thompson Method is a gentle, evidence-based approach to breastfeeding, created by experienced midwife, Dr Robyn Thompson. This method is gentle, supportive and nothing like the typically forceful techniques taught in many hospitals and prenatal classes around the world.

Pregnancy Birth Breastfeeding Thompson Method Birth Plan Templates

The Thompson Method is a gentle, proven method of breastfeeding that challenges outdated, forceful practices taught in many hospitals. The method has been tested by research at the Mater Mothers' Hospital, Brisbane with the aim of improving breastfeeding outcomes for mothers and babies.

What Is The Thompson Method?

Simply put, The Thompson Method, is a gentle, evidence-based approach to birth and breastfeeding, which reveals strong links between the way a woman's birthing experience unfolds and her subsequent breastfeeding journey.

Breastfeeding Help Centre & FAQs | The Thompson Method

Does The Thompson Method Work? Every woman is unique. However, The Thompson Method is statistically significant in improving outcomes for breastfeeding women. But don't just take our word for it. Read stories from women who have tried The Thompson Method.

Find A Certified Thompson Method Guide

A certified Thompson Method Breastfeeding Practitioner or Educator offers real-time, personalised guidance based on The Thompson Method.