

Breastfeeding: Dads are Important, Too!



You Can Help Your Baby's Mother Breastfeed

Thank you for supporting your baby's mother as she breastfeeds. Every day your child grows happy and healthy, you can know that you have had an important part in his/her health and happiness. Your support and help in everyday tasks around the house make it possible for your baby to have the time to do their job of growing with the mother's milk, the miracle liquid that science can never imitate.

Be Knowledgeable.

No one expects you to know how it works without some help.

- Attend a breastfeeding class with the baby's mother.
- Ask lots of questions.
- Read a book about breastfeeding, such as *The Nursing Mother's Companion* by Kathleen Huggins, *The Womanly Art of Breastfeeding* by La Leche League, or the American Academy of Pediatrics' *New Mother's Guide to Breastfeeding*.

Be Patient.

Breastfeeding takes a while for both mom and baby.

- Let mom rest between feedings.
- When visitors come during feedings, answer the door for her, entertain them or ask them to come back another time.

Be Supportive.

Don't try and talk her out of it.

- Bring her a glass of juice or some nutritious snacks.
- Hold her hand; give her a back rub.
- Whisper encouraging words to her as she nurses.
- Be a good listener.

Be Hands-On

Bond with your baby.

- Hold your baby skin-to-skin on your chest.
- Change your baby if needed before/after feedings.
- Burp your baby.
- Talk, read and sing to your baby.