

## Fathers Can Support Breastfeeding in Many Ways



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### Other pamphlets in this series are:

- Video Discussion Guide
- Breastfeeding Your Baby — Making the Decision Together

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## Why Should Fathers Encourage Breastfeeding?

- Research shows that breastfed babies have fewer colds and ear infections.
- The nutrients in breastmilk help build the baby's brain and immune system.
- Breastmilk is always the right temperature and ready to serve.
- Breastfeeding builds a close bond between mother, father and baby.



## How Can Fathers Be a Part of the Breastfeeding Team?

### Here are some suggestions:

- Help around the house. If there are other children, take care of them so mom can get some rest.
- Take your baby to mom for breastfeeding. If mom needs something while she's breastfeeding, offer to get it for her.
- Do things that will make mom feel good about herself:
  - Praise her for breastfeeding
  - Do something special for her
  - Be proud!

**Skin-to-skin contact helps baby and father bond**



- Make time for just you and your baby. Babies need cuddles and hugs from their dads, too.
- When mom is breastfeeding, help her feel comfortable and relaxed.
- Your support can make mom feel more comfortable about breastfeeding, even in public.
  - When the baby gets hungry and needs to eat in public, mom can breastfeed without people noticing her.
  - Mom can use a blanket or a shawl to cover up while breastfeeding. People will think she's simply cuddling the baby.