



# Dads



## **Breastfeeding and Dads:**

When the baby's dad wants mom to breastfeed, she is more likely to breastfeed, be successful at it, and breastfeed for a longer amount of time. Daddy's support is so important.

The bond between mother and baby is important, but so is the bond between father and baby. Babies need cuddles, hugs, love and attention from their dads, too!

Be that supportive dad! You can help your partner by:

- Watching your baby for early signs of hunger (turning towards mom's breast, sucking on fist, or making sucking noises) and bringing your baby to your partner to breastfeed.
- Bringing your partner water and a healthy snack while she breastfeeds.
- Bathe and dress your baby.
- Talking to your baby.
- Sitting, rocking, or burping your baby.
- Changing your baby's diapers.
- Helping with housework and cooking.
- Helping limit the number of visitors and length of visits. New moms need plenty of rest.
- Ask mom what she would like for you to do for her and the baby.
- Praise mom for doing a great job.