

Family and Friends are Important

Congratulations to you—whether you are a dad, grandparent, relative, or friend of a new breastfed baby.

Breastfeeding gives babies the very best start and provides benefits that last a lifetime.

Did you know that the way you interact with mom and baby will affect their breastfeeding experience? Your role is important in helping mom and baby succeed with breastfeeding!

No experience with breastfeeding is necessary! Mom and baby are the ones who will learn to breastfeed. Your role is to encourage and help. You can teach baby that feeding is not the only way to show love. The baby will learn to play and talk by watching you and listening to you.

Things you can do for mom and baby:

There are many ways you can help a new mom and baby. It is very important at this time that when the baby feeds, she nurses from mom. This gives both mom and baby the practice they need to get breastfeeding right (or to learn how to breastfeed).

Babies need more than feeding! To help out and enjoy time with the baby, perhaps you can:

- ♥ Bring baby to mom at feeding time.
- ♥ Care for baby between feedings so mom can rest.
- ♥ Bathe baby, dress baby, change baby's diaper.
- ♥ Talk to or sing to baby.
- ♥ Hold and cuddle baby. Give lots of love and attention.
- ♥ Help with household chores, such as laundry and cooking.
- ♥ Care for other children so mom and baby can be alone.

Why is Breastfeeding Important?

Most moms today breastfeed. It is the normal way to feed a baby and the way babies are meant to be fed. Even doctors agree that babies' only milk should be breast milk.

- ♥ Breast milk is the only baby milk that has been proven to provide health benefits for both mom and baby.
- ♥ Moms who breastfeed their babies recover from giving birth sooner than moms who do not breastfeed.
- ♥ Breastfeeding saves families lots of money (over \$1500 per year).
- ♥ When babies are fed only breast milk (no other food or drinks), their diapers are much less smelly.
- ♥ Breastfeeding is kinder to our world. There is less waste.

Tips to Help Mom Relax

Breastfeeding is harder for a mother who is not relaxed. When mom relaxes, it is easier for her body to release milk. The baby gets more milk and is more content.

Ask the mother if you can stay with her while she is holding and nursing her baby. Try to help mom relax by:

- ♥ Rubbing mom's shoulders.
- ♥ Bringing mom a healthy beverage or filling her water cup.
- ♥ Bringing mom a healthy snack.
- ♥ Turning on some soft music.

Breastfeeding in Public

Mothers feed their babies all the time when out in public. In fact, Maryland law states that mothers have the right to breastfeed their babies anywhere they have the right to be. Help mom to be more at ease in public:

- ♥ Find a place for mom to sit that is away from large crowds of people.
- ♥ Ask for a corner booth when in a restaurant.
- ♥ Hold a newspaper in front of mom and baby to shield them from view of others.
- ♥ Help mom find a fitting room if she wants privacy while feeding.

How Can I Bond With Baby?

- ♥ Give Support—sit near mom and talk to her while she is nursing.
- ♥ Listen—babies cry when they need something. Respond by picking baby up and cuddling him. That teaches him to love and trust. Holding and soothing do not spoil a baby.
- ♥ Stay Close—feeding is only one thing that a baby needs. Try cuddling, holding, talking to, walking, or playing with baby.
- ♥ Be Patient—the early weeks are a time for learning and getting to know the baby. Be caring and kind to mom and baby. Soon things will get easier.

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Family and Friends... Mom and Baby Need Your Help

Tips for Successful Breastfeeding



Breastfeeding is
Baby's Best Start

Breastfeeding Notes:

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