

10 Tips for Dads to Help Support Breastfeeding Moms

- 1** When mom is breastfeeding, help her feel comfortable and relaxed.
- 2** Help with child care and household chores. Have snacks ready, comfort baby when you can, and let mom nap, shower, or take a walk between feedings.
- 3** Limit the number of visitors and visiting time. New moms need plenty of rest.
- 4** Don't hesitate to ask family and friends to help if you can't be there to help mom.
- 5** Make time for you and baby. Babies need cuddles and skin-to-skin time with their dads, too. You can also bathe, diaper and play with baby.
- 6** At night, bring baby to mom for feedings and stay with them for some feedings so all three of you can bond.
- 7** If you see baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding.
- 8** Learn about breastfeeding. Know the signs that baby is getting enough milk and reassure mom.
- 9** If mom has trouble breastfeeding, help her talk with a WIC breastfeeding expert, health care provider or lactation consultant. (Don't wait for her to ask for help, she may be too tired or busy to do so.)
- 10** Praise mom for breastfeeding and do something special for her. Be proud! Share the benefits of breastfeeding with others.



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