

Dad's Support is Critical to Breastfeeding Success

Breastfeeding is a woman's decision. However, a husband or partner plays a vital role in her:

- Decision to breastfeed, and
- Ability to continue to breastfeed despite early struggles.

Women are more likely to continue to breastfeed when their partner offers support and encourages her. In fact, it may be the *single most important factor that predicts breastfeeding success*.

How can you support mom?

- **Learn breastfeeding facts and tips.** Attend a class with her. Search reputable Internet sites:
 - the International Lactation Consultant Association,
 - the La Leche League, and
 - the American Academy of Pediatrics.
- **Provide care for the older children.**
- **Perform chores.** Cook and clean. Do laundry.

- **Help her relax and get comfy as she breastfeeds.** Place pillows around her for support. Get her something to drink. Help the baby latch on, especially during the first few feedings. Offer to keep her company as she breastfeeds.
- **Be her emotional support.** Defend her decision to breastfeed.
- **Help her find answers when she has trouble.** Call a lactation specialist. Remind her why she chose to breastfeed.
- **Change the baby's diaper before breastfeeding.** Hold, burp and cuddle the baby after he nurses. Encourage mom to take a rest.
- **Help her pump.** Bag the milk for freezing. Label bags and bottles. Wash pump parts.
- **After 3 – 4 weeks, give an occasional bottle of pumped breast milk.**



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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