



# 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.

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.
- Bathing and dressing 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.
- Asking mom what she would like you to do for her and the baby.
- Praising mom for doing a great job.

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!