

Partners Role In Breastfeeding



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Breastfeeding Basics

Love Doesn't Only Come from Feedings

Other Ways to Interact with Your Baby

- Skin to Skin Contact—Especially after feedings.
- Learn the Cues and Cries—Hungry; Lonely; Ready to Explore
- Father and Baby Time—Singing; Reading; Talking with Baby; Watching TV with Baby; Dad's Loving Arms
- Show Your Baby the World—Take baby on trips; Stroller walks; Sling or Carrier; Playing on the floor
- Help with Other Baby Cares—Changing Diapers; Bathing

Be a Supportive Advocate of Your Partner

- Be Supportive of Your Partner's Choice to Breastfeed—Best thing for giving your baby the best start.
 - Get pillows and help position baby on your partner for feedings.
 - Getting baby and bringing him/her to mom for feedings.
 - Do extra chores around the house.
- Support Your Partner's Breastfeeding Goals
 - Encourage mom to try when it seems impossible.
 - Bottle feed with breast milk after nursing is well established.
- Support Your Partner's Work—Breastfeeding can occur while partner is at work but does require some planning.
- Advocate for Mom and Baby's Safety—Know the signs and symptoms of baby blues vs. post-partum depression.
- Communicate with Your Partner

Techniques You Should Be Familiar With

- Hand Expression
- Storage
- Reheating Breastmilk
- Swaddling
- **Burping**

Unique Families and Running Interference—How to Create a Unique Family With Unique Values

- Talk to Your Partner About Both of Your Wishes
 - Visitors
 - How can you facilitate these goals?
- Deflect Negative Comments About You and Your Partner's Breastfeeding Choices
- Family Support—Female Role Models for Mom; Male Role Models for Dad
- Make Time for Intimacy With Your Partner—Get a Babysitter; Hug/Kiss Your Partner 3 Times Per Day