

## **Module 2A- Dads are needed for breastfeeding**

**Teaching Point:** Fathers make breastfeeding so much easier.

Research shows fathers make a big difference for their babies and their baby mothers when they support breastfeeding.

**Teaching Materials:** A simple game die (2 are dice). Handout to reinforce content.

**Game Plan:** Client rolls the dice- whatever number she lands on (up to 4) is the number of responses she must try to act out (charades if she can) to answer the question. If she has the responses AND you can guess them for at least 3 questions, she wins. Five is bonus.

1. "Tell me (1,2,3,4) things you can do to include your baby father when you are pregnant."

Invite him to prenatal visits and thank him when he comes.

Invite him to ultrasounds and thank him when he can come.

If he cannot come, tell him you want him to be involved.

Tell him you care what he thinks about the pregnancy and baby.

Say "I'm sorry" for your crazy moods- "it's not you."

2. "Tell me (1,2,3,4) things you can do to include your baby father in infant feeding choices."

Invite him to your WIC class and appointments.

Invite him to prenatal visits (and bring up infant feeding).

Ask him what he thinks about breastfeeding and formula feeding.

Share what you know about breastfeeding benefits.

Ask him what he thinks about breastfeeding and what he wants to know about it.

3. "Tell me (1,2,3,4) things your baby father can do to connect with his baby [other than change the baby's diaper and give a bottle "]

Give the baby his bath every day.

Hold him skin to skin on his chest (you don't need milk to do this).

Carry him around when he is fussy (this is not spoiling).

Talk to him and sing to him and watch his responses (dad's voice is deeper and calming).

Make eye contact with the baby and let him imitate his face.

4. "Tell me (1,2,3,4) things your baby father can do to connect with you while the baby is little."

Give you a massage. Hold your hand.

Take the other kids out or watch the baby and let you sleep for a bit.

Tell you what a great thing you are doing for the baby by breastfeeding.

Bring you water and keep your water bottle full.

Ask if you want something to eat and then get it.

Support you in front of grandma.

5. "Tell me (1,2,3,4) things your baby father might not like about breastfeeding and what you can say."

*"I don't want your breasts out there for everyone to see."*

I don't want that either! Breastfeeding is about feeding not showing breasts. I can breastfeed in private at home and can breastfeed privately in public by using a shawl or poncho or private spot (dressing room/car/rest room) to latch the baby on.

*"Breastfeeding messes up women's breasts."*

Wrong- not any more than being pregnant and having a baby - all the same hormones make breasts get big then small.

*"It's weird to have a baby suck on your breasts."*

Breasts were made for feeding babies. It's not weird, it's natural.

*"I won't be able to feed the baby or keep him if you breastfeed."*

Wrong- you can be a part of the breastfeeding, you can feed pumped breast milk, and there will be plenty of chances to keep him while I am out for class or to the store.

6. "Tell me (1,2,3,4) things your baby father can do to support you with breastfeeding [other than change the baby's diaper or give a bottle"]

Bring the baby to mom in the night (and day) to feed.

Wake the baby by undressing and changing him before a feeding.

Unwrap mom and baby to breastfeed.

Help position the baby to the breast- mom only has two hands!

Help begin the milk flow by gently massaging mom's breast if she asks.

Burp the baby between breasts and help put him to the second side.

Put the baby "back to sleep" in the crib/bassinet/Pac-N-Play when done feeding.

Get some food or grocery shop and make some food

Clean up the apartment- doesn't have to be perfect.

Take brothers and sisters outside or play with them.

Come to the baby doctor/nurse visit to see how the baby has grown.

Politely say "no" to family and friends' who want too much visiting

Politely say "no" to family and grandma who want to give bottles

Politely say "no" to family and friends who want mom to go to church/parties/events when she really wants to stay home with the baby who needs to be fed often