

Module 2A- Dads/Partners are needed for breastfeeding

What I learn: Fathers/Partners make breastfeeding so much easier.

Research shows fathers/partners make a big difference for the family when they support breastfeeding.

Below we will call the partner “him,” but everything applies if your partner is a woman.

1. What I can do to include my baby’s father/ my partner when I am 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 I want him to be involved.

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

Say “I’m sorry” for my crazy moods- “it’s not you.”

2. What I can do to include my baby’s father/ my partner in infant feeding choices.

Invite him to my WIC class and appointments.

Invite him to prenatal visits (and talk about infant feeding).

Ask him what he thinks about breastfeeding and formula feeding.

Share what I know about breastfeeding benefits.

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

3. What my baby’s father/ my partner can do to connect with our baby [other than change the baby's diaper and give a bottle]

Give the baby his bath every day.

Hold the baby skin to skin on his chest (you don’t need milk to do this).

Carry the baby around when he/she is fussy (this is not spoiling).

Talk to baby, sing to him/her, watch baby’s responses (dad’s voice is deep and calming).

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

4. What my baby’s father/ my partner can do to connect with me while the baby is little.

Give me a massage. Hold my hand.

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

Please tell me what a great thing I am doing for the baby by breastfeeding.

Bring me water and keep my water bottle full.

Ask if I want something to eat and then get it for me!

Support me in front of grandma.

5. What my baby's father/ my partner might not like about breastfeeding and what I can say to help him understand.

"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 I 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. Changes in breasts are caused by pregnancy not breastfeeding.

"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. What my baby's father/ my partner can do to support me with breastfeeding [other than change the baby's diaper or give a bottle"]

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

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

Unwrap me and the baby to breastfeed.

Help position the baby to my breast- I only have two hands!

Help begin the milk flow by gently massaging my breast if I ask.

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

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

Get some food or go to the grocery store and cook 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's 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 formula

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