

Let's talk about... Everyone Can Take a Role

Dads and Partners, Family and Friends—they are all part of the breastfeeding team!

They enjoy knowing your baby is getting the right nutrition.

They enjoy knowing they have a specific role.

They enjoy seeing the bond between you and your baby.

Here are some ways your baby's dad or your partner and others can support your breastfeeding success in your baby's first 4 to 6 weeks of life:

- Before your baby is born, attend a breastfeeding class with you.
- Help limit interruptions to learning breastfeeding and your milk production by keeping you and baby close to one another.
- Recognize when baby is hungry and hand baby to you. If your baby is given a bottle to let you get some rest, you'll still be up pumping in order to keep your milk production going.
- Learn and use other ways to soothe your baby rather than giving a pacifier or bottle.
- Help you sleep during the day when your baby sleeps.
- Spend special time with older children.

Do you recommend I take a prenatal breastfeeding class? Can I bring anyone with me? How do I sign up for one?

Who should we talk to if my baby's dad or my partner, or my family or friends have questions about breastfeeding?

I have family coming into town to meet and bond with baby. My mother told me she can't wait to feed him. What do I tell her?

My mom will be helping me take care of my baby when I go back to work. We already talk about new things I have learned about taking care of my baby that are different from what she knows. Where can I find information on new things I am learning to give to her?

Use the space below to write your own questions or notes:



The Nursing Mothers Counsel of Oregon serves the Portland Metro/SW Washington Area
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