

## 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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