Support Your partner

Proud Fathers want healthy babies.

If you knew that breastfeeding was the best thing for your baby, would you be supportive of your partner and encourage her to breastfeed your new baby? Of course you would!

Dad, you play a very important role in the life of your child.

There are many ways you can assist Mom during pregnancy and after the baby is born.

Getting involved.

- Help Mom cook, clean, and do the laundry.
- Make sure Mom eats healthful foods.
- Plan feeding times.
- Help Mom stay relaxed.
- Compliment Mom often, because breastfeeding and being a mother are beautiful and natural things.

Bonding is for Dads, too.

- Burp baby after Mom breastfeeds.
- Cuddle and hug your baby.
- Change your baby's diaper.
- Give your baby a bath.
- Sing, read, and talk to your baby.
- After Mom pumps and bottles milk, help feed your baby.

Talk about breastfeeding.

- Talk to Mom about what you've heard and learned about breastfeeding.
- Talk to other dads whose mate may have breastfed.
- Ask the doctor questions during visits with Mom.
- Help Mom map out a support plan.
- Discuss health issues and benefits.

Encourage your partner to do what's best for your child!

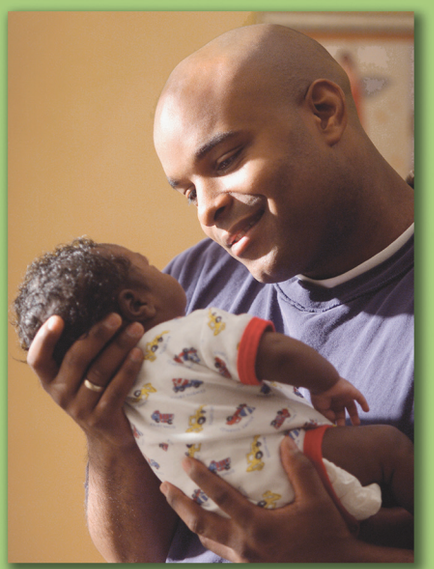
Remember, Mom and the baby are depending on you for support, protection, love, and nurturing. So stay involved and encourage breastfeeding.

Why should you help Mom breastfeed?

- Breastmilk's all-natural ingredients help keep the baby healthier, lowering chances of obesity, diabetes, and other diseases.
- It fights infection.
- It helps prevent excessive bleeding.
- It helps Mom lose weight faster.
- It can save you money through reduced medical bills and formula costs.

Mom and the baby need your strength!

- The first few days of breastfeeding can be challenging. Support her efforts to breastfeed by taking her to get breastfeeding help if she needs it.
- Help Mom eat healthfully.
- Don't smoke around your baby.
- Spend time with your family.
- Help Mom and baby get lots of rest.



Support, protect,
love, and nurture.

African-American Breastfeeding Alliance
1 (877) 532-8535
Monday–Friday, 8:00 a.m.–5:00 p.m.
<www.aabaonline.com>

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