

Attachment E: Ways Partners May Support Breastfeeding

Before Baby Arrives:

- Learn the basics of breastfeeding; how breastfeeding works, how milk is made, etc.
- Work with your partner to come up with a birth plan.
- Come up with a breastfeeding plan and set breastfeeding goals together.
- Take a tour of your birthing hospital and learn about their breastfeeding practices to make sure you and your partner may meet your breastfeeding goals.

At the hospital:

- Share your birth plan and breastfeeding plan with hospital staff. Talk to staff to make it clear what you and your partner's needs are.
- Hold baby skin to skin as much as possible. If mom is unable to hold baby skin to skin as they recover from child birth, you may step in and hold baby.
- Ask for help from hospital staff.

At home:

- Help take care of your baby by bathing them, dressing them or helping with burping.
- Change baby's diaper or get them ready for mom to breastfeed them.
- Watch for hunger signs! Learn baby's hunger cues and bring baby to mom when they show early signs of hunger.
- Watch other children while your partner breastfeeds.
- Help prepare meals.
- Bring your partner a drink or snack while they are breastfeeding.
- Help with household chores, such as laundry or dishes while your partner is breastfeeding.
- Bond with your baby by holding them skin to skin, cuddling them, talking or singing to them.
- Take care of your partner; if they are complaining of nipple pain, etc. contact your WIC Breastfeeding Expert for help.
- Offer encouragement! Tell your partner they are doing a great job and that you are proud of them. Do something special for your partner.
- Support you and your partner's choice to breastfeed. Not everyone will understand your decision. Support your partner by redirecting negative comments of family or friends or educate them about the benefits of breastfeeding.
- Limit visitors so mom may have time to rest. If family or friends insist on helping, give them tasks, such as delivering a meal or watching baby so mom may take a shower, etc. to help.

USDA. (2019). WIC Breastfeeding Support: How Dads Can Support Their Breastfeeding Partner. Retrieved from: <https://wicbreastfeeding.fns.usda.gov/how-dads-can-support-their-breastfeeding-partner>