

A father can help breastfeed



Things to Do

Tell your partner you are proud of her and happy she is breastfeeding
Spend time in close contact with your baby - rocking, cuddling, playing and walking
Suggest your partner have a short break while you care for the baby
Help her to ignore any negative comments from visitors or family
Talk to each other about anything that is bothering you

Things not to do

Don't ask if she is sure her milk is good enough
Don't show doubt that she will be able to breastfeed
Don't make it difficult for her to breastfeed away from home or when friends visit
Don't act left out when the baby is breastfeeding
Don't make it hard for her to rest and take care of herself