

BREASTFEEDING

HOW THE FAMILY CAN HELP

WHEN PARTNERS AND FAMILIES SUPPORT BREASTFEEDING

- Mom feels more confident that she can make the milk baby needs.
- Dad and the family are fully involved in caring for the baby.
- Babies get much more than breast milk. They develop bonds with the important people in their lives and trust that their needs will be met.

FAMILY MATTERS

Maybe you've heard from your parents or partner:

- "I tried to breastfeed you, but couldn't make enough milk."
- "You weren't breastfed, and you turned out fine."
- "I need to be able to feed the baby, too."

You might feel caught in the middle, wanting to breastfeed your baby and honor your family's opinions and needs. Almost all moms CAN breastfeed when they get help from the family.



PLAN AHEAD

Discuss your plan with your partner and family:

- How do your partner and family feel about breastfeeding?
- Will anyone feel left out if they can't feed the baby?
- What were you fed as a baby?

YOUR FIRST DAYS TOGETHER

Here's what's normal in the first few days:

- Babies' stomachs hold about a teaspoon of liquid, so they want to eat often.
- It's OK that you may make very little breast milk at first.
- More breastfeeding makes more milk - using bottles or formula reduces breast milk.
- Crying does not always mean baby is hungry
- Babies want lots of skin-to-skin touch with mom and dad.

SHARE THE LOVE

Your partner and family may not be able to breastfeed your newest family member, but they can care for baby and you by:

- Supporting your decision to breastfeed
- Holding and soothing the baby, skin to skin
- Enjoying bath time
- Encouraging and caring for you
- Bringing food for you when visiting the baby
- Learning about breastfeeding
- Singing and talking to baby
- Tracking the number of wet and dirty diapers
- Protecting baby by keeping formula out of the house

Support from your partner and family makes breastfeeding easier.

Make your home a breastfeeding-friendly place.

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