



# How Can Dad Help With Breastfeeding

## How can dad help with breastfeeding?

Fathers should not feel left out while mom is breastfeeding. They also have an important role in this process. Here are some tips for what dad can do to help out:

### Encourage mom

- Your support can change her decision to breastfeed.
- Read up on the topic. If you understand the benefits of breastfeeding, you can help mom when she doesn't want to continue.
- Boost mom's confidence. Tell her what a good job she is doing.

### Lend a helping hand

- Bring the baby to mom when he wakes up at night.
- Help mom and baby into a chair and adjust a pillow for her.
- Cook for mom. She needs healthy meals to produce enough milk.
- Help out around the house. Moms are more likely to stop nursing when they see that chores are not being done.
- Watch the other children while she takes time with the newborn.

## Why should your baby be breastfed?

Experts recommend breastfeeding for the baby's first six months, and then slowly introducing solid foods after six months. This is because breastfeeding is better for the baby, the mother, and the family:

### Benefits for the baby

- The nutrients in breast milk make your baby strong so he can fight off illnesses like ear infections and allergies.
- Breastfeeding also helps a baby's brain develop. Babies who are breastfed score higher on tests once they reach school-age.

### Benefits for mom

- Mothers who breastfeed recover faster after giving birth. They are less stressed and lose their pregnancy weight quickly.
- Breastfeeding reduces a mother's risk of getting sick by making her bones strong and helping to fight off cancer.
- Breastfeeding creates a close bond between the mother and baby.

### Benefits for the family

- Breastfeeding is cheap – a family can save up to \$1,000 a year by breastfeeding rather than bottle-feeding.
- Because breastfeeding helps your baby to be strong and healthy, you won't have to lose time and money by taking time off work to care for a sick baby.
- Breastfeeding is easy – the milk comes out at just the right temperature for your baby.