Tips on how Dads can support Moms with breastfeeding!

We know that many factors influence breastfeeding, but research has shown that Dad’s support has the biggest effect on breastfeeding success. So how can Dad show his support of breastfeeding?

Here are some ideas:

1. Skin-to-skin time with Dad is crucial, and has been shown to have the same health benefits as skin-to-skin time with Mom. So hold your baby against your bare chest with a light blanket covering both of you if you’re cold. You are helping your baby to bond with you, giving baby emotional support and comfort, as well as giving Mom a chance to rest.

2. Watch your baby when Mom is not breastfeeding, or burp your baby when Mom is done breastfeeding.

3. Make sure Mom has plenty to drink while breastfeeding so that she doesn’t become dehydrated.

4. Be patient with Mom. Her hormones are changing and she will need your encouragement and assurance during this important time.

5. Check in with mom regarding her pain level. If she is having nipple pain, it’s time to call for breastfeeding support.

6. Partner with mom and watch the baby’s diapers. After the first week of life, the baby should have at least 6-8 dirty diapers. If mom begins to feel like she doesn’t have enough milk remind her that a lot of dirty diapers is a great sign that the baby is getting enough to eat.

7. Dad can keep older children occupied while Mom is breastfeeding, especially while Mom and Baby are still learning how to nurse.

8. Help out around the house while Mom is getting back on her feet.

9. Hold a blanket in front of Mom while she nurses in public if she feels unsure. Remember, just being there in little ways like this to support her will give her confidence that she is doing the best thing for your baby.

10. Remind visitors, family, and friends that “we are breastfeeding”, so that they do not discourage Mom by providing a bottle and/or formula.