

Why Should Fathers Encourage Breastfeeding?

- Research shows that breastfed babies have fewer colds and ear infections.
- The nutrients in breastmilk help build the baby's brain and immune system.
- Breastmilk is always the right temperature and ready to serve.
- Breastfeeding builds a close bond between mother, father and baby.



How Can Fathers Be a Part of the Breastfeeding Team?

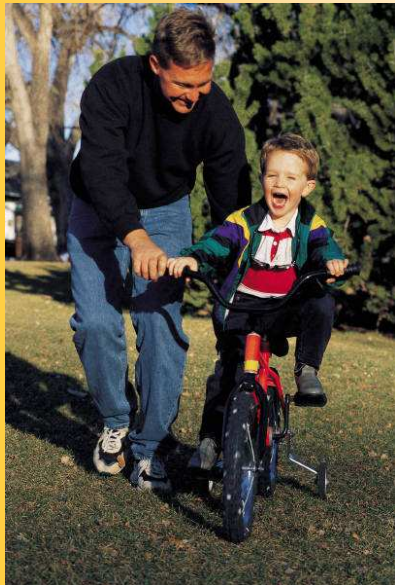
Here are some suggestions:

- Help around the house. If there are other children, take care of them so mom can get some rest.
- Take your baby to mom for breastfeeding. If mom needs something while she's breastfeeding, offer to get it for her.
- Do things that will make mom feel good about herself:
 - Praise her for breastfeeding
 - Do something special for her
 - Be proud
- Make time for just you and your baby. Babies need cuddles and hugs from their dads, too.
- When mom is breastfeeding, help her feel comfortable and relaxed.
- Your support can make mom feel more comfortable about breastfeeding, even in public.
 - When the baby gets hungry and needs to eat in public, mom can breastfeed without people noticing her.
 - Mom can use a blanket or a shawl to cover up while breastfeeding. People will think she's simply cuddling the baby.



Skin-to-skin contact helps baby and father bond

Fathers Can Support Breastfeeding in Many Ways



Local Organizations Support Breastfeeding

The Child Care Council of
Cornell Cooperative Extension
223-7850

Community Maternity Services
894-9941

Cornell Cooperative Extension
Herkimer County
866-7920

Herkimer County HealthNet
867-1552

Herkimer County Public Health
867-1176

Herkimer-Madison WIC
866-5029

Mohawk Valley Breastfeeding Network
335-2735

Mohawk Valley Perinatal Network
732-4657

Fathers Can Support Breastfeeding

