10 Tips for Dads to Help Support Breastfeeding Moms

1. When mom is breastfeeding, help her feel comfortable and relaxed.
2. Help with child care and household chores. Have snacks ready, comfort baby when you can, and let mom nap, shower, or take a walk between feedings.
3. Limit the number of visitors and visiting time. New moms need plenty of rest.
4. Don't hesitate to ask family and friends to help if you can't be there to help mom.
5. Make time for you and baby. Babies need cuddles and skin-to-skin time with their dads, too. You can also bathe, diaper and play with baby.
6. At night, bring baby to mom for feedings and stay with them for some feedings so all three of you can bond.
7. If you see baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding.
8. Learn about breastfeeding. Know the signs that baby is getting enough milk and reassure mom.
9. If mom has trouble breastfeeding, help her talk with a WIC breastfeeding expert, health care provider or lactation consultant. (Don't wait for her to ask for help, she may be too tired or busy to do so.)
10. Praise mom for breastfeeding and do something special for her. Be proud! Share the benefits of breastfeeding with others.

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MAKES BREASTFEEDING WORK

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