

Partners Supporting Breastfeeding



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES



Breastfeeding has many benefits for families and research has shown that a partner's support is one of the most important factors in breastfeeding success. The postpartum period can be a stressful time due to the physical recovery from childbirth, caring for a newborn, and transitioning to the role of being a parent. Your positive and supportive attitude will help to make breastfeeding more successful.

Before baby is born:

- Discuss the importance of breastfeeding with your partner and set goals together.
- Go to a breastfeeding class to learn how to breastfeed so you can help your partner after baby is born. Sometimes it doesn't always go as planned but you can help with solving breastfeeding challenges.
- Read books, go online and talk to others who have breastfed or supported breastfeeding.

After baby is born:

Remember it's a mother's right to breastfeed anytime, anywhere.

- bring the baby to its mother when it's time to breastfeed
- bring water to the mother while she's breastfeeding (breastfeeding moms get thirsty)
- take the baby after feeding
- help out more with everyday needs such as meal preparation, cleaning, shopping and laundry
- encourage the mother to rest
- limit visitors so you can enjoy time together or rest
- keep your partner company
- say things like: "I know you are tired, but you are doing a great job! How can I help you?"

Ways to spend time with your baby:

Feeding is only one of the many tasks involved in caring for your baby. The early days and beyond are an important time to bond and get to know your baby. What you do is very important for your baby's wellbeing and brain development.

Ways to connect with your baby and show them love:

- holding your baby skin-to-skin often
- bathing and massaging your baby
- cuddling and rocking your baby
- burping and changing your baby's diapers
- playing and walking with your baby
- reading, talking and singing to your baby



Questions or concerns?

Talk to a Public Health Nurse at 519-575-4400 or call Telehealth Ontario at 1-877-797-0000 for 24/7 breastfeeding support.

For more information

Visit our website:

www.regionofwaterloo.ca/breastfeeding

Watch our breastfeeding videos:

Skin-to-Skin

<http://bit.ly/SkinToSkinNewborn>

Latching Your Baby

<http://bit.ly/LatchingYourBaby>

Breastfeeding Positions

<http://bit.ly/PositionsForBreastfeeding>

This document is available in accessible formats upon request.

Region of Waterloo Public Health and Emergency Services

Healthy Living

www.regionofwaterloo.ca/ph

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