

Dad

Your love and support make a healthy, happy family.

Here's how to:

- Help Mom through pregnancy.
- Bond with your newborn.
- Support breastfeeding.

How to Help During Pregnancy, Labor and Delivery

- Make sure Mom eats a **healthy diet**.
- **Talk about** breastfeeding. Mother's milk is the best food for your baby.
- Go to birthing, breastfeeding and parenting **classes** with mom.
- Protect your family from second hand smoke. **Quit or don't smoke** near them.



- Make sure Mom sees a **doctor** as soon as she thinks she's pregnant.
- **Be supportive.** Mom may be tired, sleepy or nauseated. Ask her how you can help out.
- Tell Mom you are **proud** of her.

When Mom Comes Home from the Hospital

After delivery Mom often needs extra support to breastfeed.

- Give Mom a **massage** to help her relax.
- Prepare healthy **meals** for Mom.

Take Baby to Mom when baby:

- Turns head searching for breast.
- Makes smacking sounds.
- Sucks hand.

- **Limit visitors** and visiting times.
- **Do not give bottles** or pacifiers.
- **Help** with or find help for cooking, cleaning, laundry and other chores.



For help with breastfeeding,
call a WIC breastfeeding counselor
at your local WIC site or hospital, or call

1-800-852-5770

Why Dads Support Breastfeeding

Saves money

- Saves on formula, bottles, utilities and medical bills.
- Reduces sick days used by working moms.

The healthy, natural way to feed a baby

- Breastmilk is all the food your baby needs for the first 6 months of life.
- Breastmilk changes to meet your baby's nutrition needs as she/he grows and develops.



Protects baby from illness

- Breastmilk has antibodies to protect against infection and disease.
- Lowers the risk of illness such as diabetes and leukemia.

Helps baby's brain grow

- Improves vision.
- May increase IQ.

.....Get the Facts

Helps Mom's body recover

- Helps shrink Mom's uterus.
- Helps prevent bleeding.
- Helps weight loss.
- May reduce Mom's risk for breast cancer, ovarian cancer and bone loss (osteoporosis) later in life.



“My partner was my strongest support those first few weeks. He made breastfeeding and caring for our new baby much easier.”

Protects the environment

- Creates no trash.
- Uses no energy.
- Is always readily available.



Bonding ...

Love



Talk



Play



Walk



Read



...With Your Baby

Rock



Diaper



Bathe



Burp



What can Dad do?

- Go to birthing classes.
- Give Mom healthy foods to eat.
- Help with household chores so Mom and baby can get the rest they need.
- Make sure Mom sees a doctor early in pregnancy.
- Bring the baby to Mom to breastfeed often.
- Keep baby away from cigarette smoke.
- Spend time with baby and Mom.