

Top 10 Ways Dads Can Help Breastfeeding Moms



1. **Learn everything you can about breastfeeding, pumping, cleaning pump parts, etc.**

2. **Be mom's cheerleader, deflecting negative comments and discouraging statements.**

3. **Provide care for your baby after a feed, take on night-time diaper changes, calm the fussy baby.**

4. **Spend time with your baby doing skin-to-skin, holding, playing, cuddling, reading, watching ball games, taking baby on a walk or ride while mom rests.**

5. **Build and get items for mom's breastfeeding "nest" - pillows for support, a glass of water, phone, the remote, whatever is out of mom's reach while she relaxes and feeds baby.**

6. **Be mom's protector by arranging for help if needed, limiting visitors, assisting her with breastfeeding in public.**

7. **Tackle problems together by helping her problem-solve or calling the lactation consultant.**

8. **Roll with the emotional punches. Having a new baby creates great swings in emotions for both of you.**

9. **Cook and pick up some additional household duties. Keep mom fed and hydrated.**

10. **Talk with other dads. You need support, too!**

