

The bond between a father and child should be started early on to result in positive relationships for the whole family. Father's involvement in breastfeeding is a wonderful bonding experience for the father and the child, while providing great support for mom to start and continue breastfeeding. Father's involvement will lead to his improved postpartum mental health outcomes, as well as improved health outcomes for the baby.

Breastfeeding Support & Education Resources:

- WIC
- La Leche League
- The Pump Station
- The Pump Connection

Paternal Postpartum Depression Resources:

- Children's Institute: Project Fatherhood
- Postpartummen.com
- Dial 211



Father's Role in Breastfeeding



Why is breastfeeding important for your baby?

- Research shows that breastfed infants have fewer and shorter episodes of illness.
- Breastfeeding appears to reduce the risk of obesity, hypertension, and lowers the risk of allergic disease while helping the baby's immune system mature.
- The skin-to-skin contact encouraged by breastfeeding offers babies greater emotional security and enhances bonding.
- Women who have breastfed and women with longer durations of breastfeeding have a lower risk of postpartum depression.
- The savings from not having to buy formula are financially beneficial.
- The activity of sucking at the breast enhances development of baby's oral muscles, facial bones, and aids in optimal dental development.

Why should you be involved?

- Breastfeeding success has a direct correlation with father's support, participation, and encouragement in breastfeeding.
- Prenatal and postpartum depression is evident in about 10% of men.
- Including yourself in this process will reduce the chance of paternal postpartum depression, and strengthen your bond and connection with the baby.
- As a father, playing a role in breastfeeding is known to reduce anxiety associated with the postpartum period.

How can you be involved?

- Prepare the infant for breastfeeding by taking off his or her clothes and blankets to be skin-to-skin with mom.
- Support mom by offering water, food, or pillows for back support.
- Burp the baby after feeding and hold the baby upright to after feeding to help with digestion. The baby can also have skin-to-skin time with you.
- You can rock, walk, bathe, dress and talk to the baby to bond with and learn about your newborn.
- Encourage mom to continue breastfeeding even when she might feel discouraged.
- If your partner makes you feel left out, talk to her about it.