

## Information for breastfeeding families

# Help From Friends and Family



New mothers need help and support in the early days of breastfeeding. Partners, grandparents, siblings, and friends all can play a critical role in meeting the needs of a new mother. Everyone needs to be on the same “wave length” when offering help and suggestions. Be aware of differences in culture and changes in parenting philosophy from generation to generation.

### How to Help

- Watch for feeding cues and bring the baby to mom for feedings
- Change diapers
- Burp the baby
- Hold the baby skin-to-skin
- Walk, rock, swing, and cuddle the baby
- Take care of household duties
- Bathe the baby
- Take care of the other children
- Offer encouragement
- Be there!

### What Has Changed

- No feeding schedules. Feed on demand.
- No “crying it out”
- Minimal pacifier use
- Continue breastfeeding while employed by using a breast pump at work

### Notes from Dad to Mom

- Treat me like I know what I am doing; teach me when I don't
- Look at me like you used to
- Let me help when you are tired
- Spend some alone time with me
- Take my advice
- Be agreeable with my family
- Encourage me to be part of the special relationship you have with the baby
- Ask me what my concerns are and listen
- Ask for help if you need it

### Notes from Mom to Dad

- Take the baby for awhile and give me a break
- Tell me I am doing a good job
- Be my “breastfeeding coach”
- Plan something special for the two of us
- Give me a massage
- Send me flowers
- Limit my visitors
- Make dinner or breakfast in bed
- Be agreeable with my family
- Don't question purchases to make breastfeeding easier/more comfortable
- Wash the pump kit
- Do some of the housework
- Plan time so I can sleep
- Just listen and offer support
- Be our advocate for nursing
- Get involved in our baby's care
- Ask for help if you need it
- Talk proudly to your friends about breastfeeding