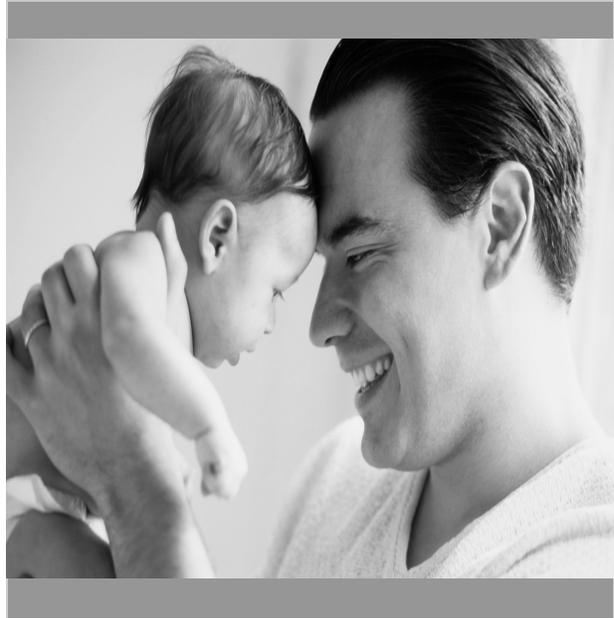


Supporting Breastfeeding For Fathers

The Facts on Breastfeeding

- **B**reastfeeding enhances infant development.
- Breastfed babies are generally healthier than formula-fed babies.
 - Have fewer colds and ear infections.
 - Have a lower chance of being obese, developing asthma, allergies and certain cancers.
- It can save you money -reduced medical bills and formula costs.
- Breastfeeding helps a mom lose weight and reduces her risk for breast and ovarian cancer later in life.



Fathers are an Important Part of the Breastfeeding Team

- **T**he father's attitude toward breastfeeding is one of the greatest factors influencing a mother's decision to breastfeed.
- The first few days of breastfeeding can be challenging. Learn about the basics of breastfeeding so you can help. Support her efforts to breastfeed by helping her get breastfeeding help if she needs it.
- Help around the house. If there are other children, help take care of them.
- If you see the baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding.
- Bond with your baby. Babies' brain development depends on frequent verbal, physical, and emotional interaction with a familiar, loving caregiver. Babies need to be sung to, rocked, and played with as much as they need time breastfeeding .
- Eye contact between parent and infant is important for infant development. A father can maintain eye contact with his child while changing her diaper, giving him a bath, and playing with her.
- Remember mom and the baby both need you for support and nurturing. Stay involved and encourage breastfeeding.

Created by: The University of Rochester

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Adapted from: American Academy of Pediatrics <healthychildren.org>

African American Breastfeeding Alliance <www.aabaonline.com>

USDA <<http://www.fns.usda.gov/wic/fathers/MakingtheDecision-brochure.pdf>>

<http://www.nal.usda.gov/wicworks/Learning_Center/support_bond.html>