



## **BREASTFEEDING:**

### **DADS ARE IMPORTANT**

You are about to become a dad! This is an exciting time — and it might even seem scary. WIC is here to offer information and support.

## **PLANNING FOR BABY**

You are welcome to attend WIC appointments and breastfeeding classes available in your area.

By supporting breastfeeding, you are supporting your child's health – now and in the future. While feeding may not be your primary role right now, holding your baby provides him security and the chance for you to get to know each other. Dads and babies develop a strong bond as they spend time together.

### **> DID YOU KNOW? <**

Dads are the most important source for breastfeeding support. A recent study showed that mothers who had breastfeeding support from their partner were more likely to start breastfeeding and to breastfeed longer.

## **AT THE BIRTH AND DURING THE HOSPITAL STAY**

While you are at the hospital, you can be supportive of mom and your baby by:

- > Reminding staff that mom is planning to breastfeed and would like to hold baby skin to skin as soon as baby is born.
- > Limiting visitors.
- > Holding your baby skin to skin. What an amazing time to get to know each other.



## AT HOME

You are very important in helping your baby feel loved. Sing, talk, read, laugh and make silly noises with your baby. Bath time can also be a fun time between baby and dad.

Hormonal changes may mean mom is more emotional. She may also be concerned about how breastfeeding is going. This is a time when you may remember more information about breastfeeding than she does. You can cheer her on and tell her that it is okay to call for help if she has concerns. You both may feel exhausted. This will get better.

The little things matter. You can:

- › Bring her a glass of water or a snack.
- › Sit with her and enjoy your new baby together.
- › Talk with her while she is breastfeeding.
- › Hold your baby when she is done with breastfeeding.

If you have older children, spend extra time with them. They may feel left out or jealous of this new baby. Kids love it when dads play and laugh with them. In addition, if you are the one feeling a bit left out talk to your partner about that.

## DID YOU KNOW?

Moms and dads can get postpartum depression. While breastfeeding reduces this risk, call your health care provider if one or both of you are feeling more down or anxious than usual.

Call WIC, your lactation consultant or health care provider if either of you have any questions or concerns about breastfeeding.

**Learn more about these topics  
by clicking the links: [Dads](#) ›  
[Cribside assistance new dad](#) ›**

