

# DAD

*Your love and support  
make a healthy,  
happy family.*



## *Here's how to:*

- Help mom through pregnancy
- Support Breastfeeding
- Bond with your newborn

## What Can Dad Do During Pregnancy?

- Make sure mom sees a doctor early in pregnancy.
- Go to birthing and breastfeeding classes with mom.
- Help mom eat healthy foods.
- Help with household chores so mom can get the rest she needs.
- Talk about breastfeeding. Breastmilk is the best food for your baby.

## How to Help During Labor and Birth in the Hospital

- Encourage breastfeeding in the birthing room if possible.
- Tell mom you are proud of her.
- Be supportive. Mom may be tired, sleepy or nauseated. Ask her how you can help out.
- Help keep visitors and visiting times to a minimum so mom and baby can get comfortable with breastfeeding.
- Discourage hospital staff from offering formula.

## When Mom Comes Home from the Hospital

**After delivery Mom often needs extra support to breastfeed.**

- Give mom a massage to help her relax.
- Prepare healthy meals for mom.
- Limit visitors and visiting times.
- Help with or find help with household chores.
- Help with other children.
- Do not give bottles or pacifiers.
- Keep baby away from cigarette smoke.
- Spend time with baby and mom.

### **Take Baby to Mom when baby:**

- Turns head searching for breast.
- Moves tongue in and out of mouth.
- Sucks hand.



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## Why Dads Support Breastfeeding

### Saves Money

- Saves on formula, bottles, utilities and medical bills.
- Reduces sick days used by working moms.

### The Healthy, Natural Way to Feed a Baby

- Breastmilk changes to meet your baby's nutrition needs as she or he grows and develops.

### Protects Baby from Illness

- Breastmilk has antibodies to protect against infection and disease.
- Breastmilk lowers the risk of disease such as diabetes and leukemia.

### Helps Baby's Brain Grow

- Improves vision.
- May increase IQ.

## Get the Facts

### Helps Mom's Body Recover

- Helps shrink Mom's uterus.
- Helps prevent bleeding.
- Helps weight loss.
- May reduce Mom's risk for breast cancer, ovarian cancer and bone loss later in life.

### Protects the Environment

- Creates no trash.
- Uses no energy.
- Is always readily available.

## Bonding With Your Baby

- Love
- Walk
- Diaper
- Baby Wearing
- Talk
- Read
- Bathe
- Sing
- Play
- Rock
- Burp
- Massage



*“My partner was my strongest support those first few weeks. He made breastfeeding and caring for our new baby much easier.”*