

Things you can do

Be informed about breastfeeding.

Reassure your partner about what she is doing and let her know you are there to support her.

Remember we all benefit from encouragement and hearing we are doing well.

Having a new baby can be very tiring for both of you. Talk with your partner about ways you can help make things easier.

Encourage your partner to rest and take some time out for herself, ie. have a sleep, read a book, go for a walk alone, have a bath.

When breastfeeding is established, usually after 6 to 8 weeks, you can give the baby expressed milk, while mum takes a break.

It was great to be involved, and I shared some great moments with my partner as she fed our baby.

David

Practical tips about breast milk

Breast milk can be expressed either by hand or pump.

Breast milk can be stored in the refrigerator for up to 5 days and in the deepfreeze for up to 12 months.

Frozen milk can be defrosted and warmed by using a container surrounded by hot water.

There are lots of ways you can give your baby breast milk. It is important to get advice on the best method for you and your baby.

How to know baby is getting enough milk

- You can hear the baby swallowing
- Baby is content and happy after feeds
- On average a baby should wet 6 nappies in a 24 hour period
- Loose yellow stools are produced
- Your baby looks well, with bright eyes and good skin tone

For more information visit one of the websites listed below:

www.breastfeeding.asn.au

www.breastfeeding.com

www.calvarytas.com.au

www.goodbeginnings.net.au

Or email maternity@calvarytas.com.au

This brochure was developed through a series of forums with dads, mums and family based services.

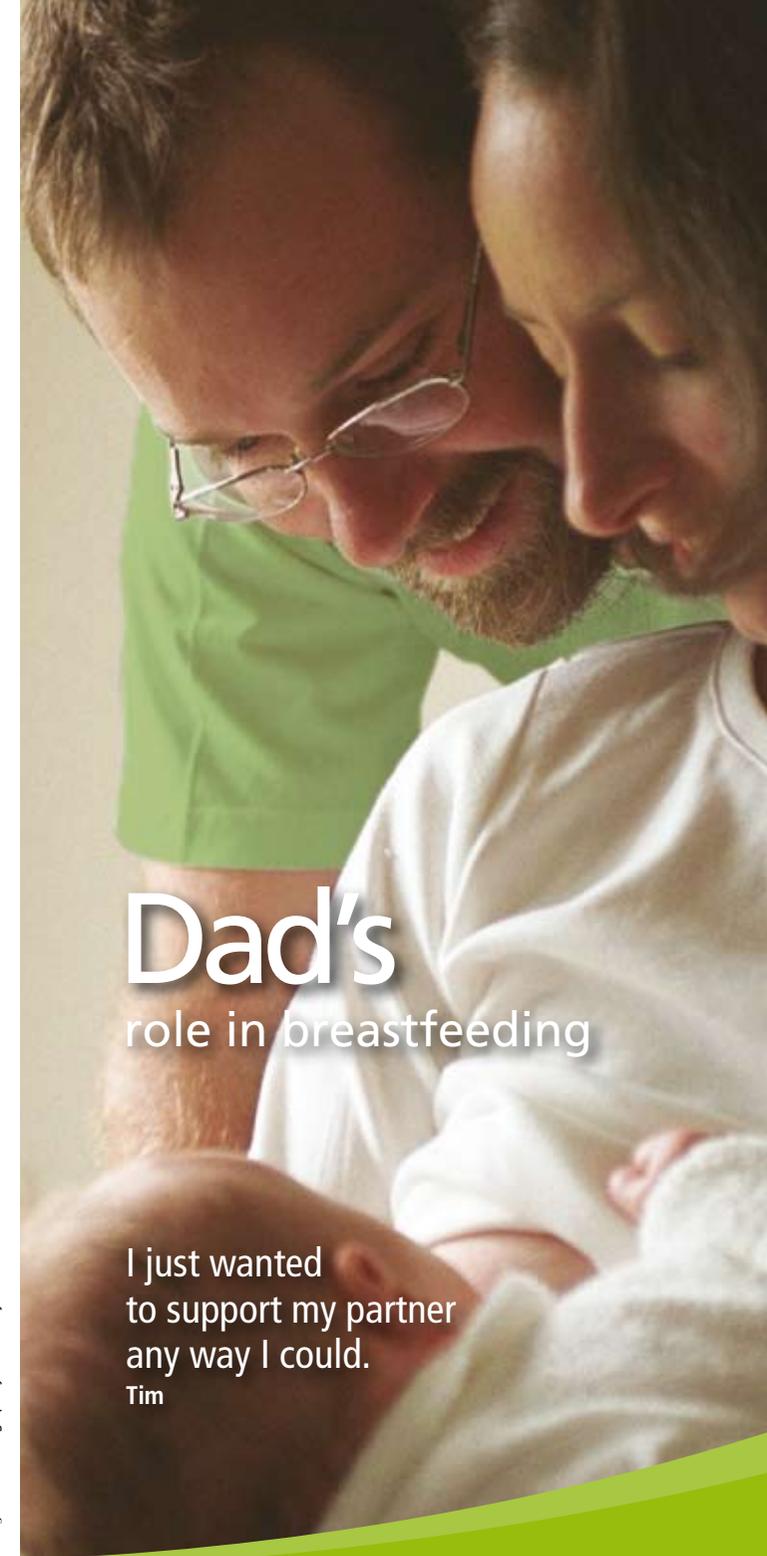
An initiative of Good Beginnings Australia and Calvary Health Care Tasmania with support from Johnson & Johnson. Developed with the assistance of True North Parenting.



TRUE NORTH
Parenting
Johnson & Johnson



e.g. 4358 Photograph by Glen Turvey



Dad's
role in breastfeeding

I just wanted
to support my partner
any way I could.
Tim

Dad's role in breastfeeding



It is recommended that, where possible, babies have only breast milk for the first 6 months of life. In Australia, many women choose to continue breastfeeding for 12 months or more.

Benefits of breastfeeding

- Nutritionally perfect for baby
- Provides natural immunity
- Convenient
- No cost
- Bonding between mother and baby

How the breast works

- Milk supply responds to how hungry baby is
- Number and length of feeds changes with the age and needs of the baby
- Breast size has nothing to do with the amount of milk produced
- It is not unusual for breasts to leak before or after the birth of the baby
- Breasts take 4 to 6 weeks to adjust to supply and demand
- More sucking and emptying will cause the breast to produce more milk

The more dads know about breastfeeding the more support they can offer and the more pleasant and enjoyable breastfeeding will be for everyone.

Studies have shown that breastfeeding is more successful with dad's support:

- Mum is 10 times more likely to breastfeed if she gets support from dad
- Dad's support is an important factor in the decision to start and continue breastfeeding
- Mum is 6 times more likely to still be feeding when baby is 4 months old if dad supports the decision to breastfeed

It is important to reassure your partner about her ability to breastfeed, but don't pressure her.

Where possible there should be skin to skin contact between mother and baby until the first feed is finished. This has many benefits, including aiding baby in finding the nipple and feeding effectively, and starting the special bond that happens between mother and baby.

In the beginning breastfeeding can be challenging. It can be made easier through information and support and you can assist in both of these areas.

The important thing is for both of you to enjoy your baby even if breastfeeding does not go as planned.

My partner liked having me around while she learnt to breastfeed. Somehow it seemed to help.

Cameron

