

Mother's Milk for Daddy's Baby



Some think that breastfeeding is between mom and baby only. Not at all true! Dad plays a key role by supporting mom and staying involved.

Benefits of Breastfeeding

- Stimulates infant brain growth. Mother's milk helps baby's IQ reach full potential.
- Fewer sick baby visits to the doctor. Mother's milk lowers risk of allergies, asthma and infections.
- Saves money! Average annual cost for regular formula = \$2,400. Special formula is much more.
- Helps mom stay calm and bond with the baby. The hormones produced while nursing help mom relax.
- Mom can lose the extra inches around the waist more quickly.
- Protects mom against excessive bleeding after delivery, delays the return of her period and reduces the risk of cancer.

How Dads can get involved

- Bringing baby to mom to nurse.
- Burping baby during feedings.
- Holding, cuddling, calming and bathing the baby.
- Taking baby for a walk.
- Changing diapers. (Diapers of nursing babies don't have a bad odor. Believe it!)
- Learning more about breastfeeding. Breastfeeding is a learned skill and new mothers often lack confidence. Your knowledge and support will help her succeed.
- Telling mom what a good job she is doing and how proud you are that she is doing what's best for your baby.
- Support mom by caring for the other children, helping with cooking, cleaning, etc.

How can Dad feed the baby?

Mom can use a breast pump to express milk for the baby and Dad can give it to the baby in a cup or bottle.

How will nursing affect our sex life?

- Having a baby changes your sex life whether the baby is given mom's milk or formula. The first 6 weeks are tiring for mom. Her body needs time to heal after the birth of the baby. Both of you will need to adjust to the big change in your life when you bring baby home.
- Once the baby comes, you will need to plan for time alone with each other. This will be true no matter how mom chooses to feed the baby.



Dad plays an important role in taking care of a nursing baby.



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
2011