

# Breastfeeding, A Partner's Support

Breastfeeding is a natural process, but it can take time for mother and baby to learn this new skill together. Breastfeeding can be challenging, which is why your support and encouragement can really help. **You** are the one person who can really support and provide mother with the confidence to breastfeed.

## There are lots of things that as a partner you can do to help:

- Show that breastfeeding is important to you too. Praise really helps.
- Support breastfeeding outside the home.
- Learn about how a baby breastfeeds so you can support.
- Provide drinks, snacks and meals.
- each out for help if there are any feeding struggles.

## Close and loving relationships

Babies breastfeed for love and comfort as well as for food and drink. Breastfeeding frequently, for any reason, is completely normal. It is not possible to overfeed a breastfed baby. You will start to recognise when baby is hungry by looking for feeding cues such as wriggling, fluttery eyes, hands to mouth, opening mouth (rooting). Using dummies and teats can make it harder for your baby to breastfeed as they suck differently on these, and feeding cues can be missed.

To help your baby feel loved, safe and to help their brain development, enjoy cuddles, skin-to-skin contact and talk to your baby often. Loving interactions are really important.

## Here are some of the many benefits to breastfeeding:

- Breastmilk reduces the risk of infections and diseases
- Breastmilk is always readily available
- Breastfeeding provides health benefits for the mother
- Breastmilk is perfectly designed for your baby

For help and support:  
National Helpline  
**0300 100 0212**

Local breastfeeding groups.  
You can come along too!  
Search 'ELHT Infant Feeding'