

PARTNERS AND BREASTFEEDING

REMEMBER -You are the one person that can really support mum to breastfeed. Show that this is important to you too and give lots of support. You alone can make the difference.

Help Mum to breastfeed outside of the home

– help with support & confidence to feed out and about.

Learn how baby breastfeeds so that you can help.
Be around for your partner as much as you can.

BREASTFEED RESPONSIVELY

Babies breastfeed for love and comfort as well as for food and drink.
Breastfeeding frequently and for any reason is normal.
You cannot overfeed a breastfed baby.

SKIN CONTACT AND CUDDLES

Spend time in skin contact with your baby – baby wants to bond with you too. Lots of cuddles and talk to your baby all the time – this helps their brain to develop and helps your baby feel loved and safe.

Using dummies and teats **can make it harder for your baby to breastfeed.**

Babies suck differently on these and feeding cues can be missed

You will know when your baby is hungry by looking for feeding cues - wriggling, fluttery eyes, hands to mouth, opening mouth (rooting)

Help mum relax – lovely drinks and snacks, an evening meal, a warm bath, whatever she likes to do – your support is so important

BREASTFED BABIES HAVE LESS ILL HEALTH, INFECTIONS, DIABETES, OBESITY, SKIN PROBLEMS, ASTHMA AND RESPIRATORY ILLNESS AND ARE LESS LIKELY TO BE OBESE



National Helpline 0300 1000 212

Local breastfeeding groups
– you can come along too

BREASTFEEDING MEANS LESS WORK MAKING UP BOTTLE FEEDS AT EVERY FEED, LESS MONEY SPENT, LESS TIME OFF WORK LOOKING AFTER SICK CHILDREN, AND OVERALL MORE CONVENIENCE.