

Supporting Nursing 12 Top Tips for Dads

a tips-sheet for parents



A Guide To:

Supporting Your Partner
With Her Choice
To Breastfeed



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www.linked-up.org.uk

Linked-Up: Tips-Sheets: Supporting Nursing 12 Top Tips For Dads

1. Support your partner's choices, and try to make sure you've understood her wishes re feeding...encourage, encourage, encourage!
2. Nursing a baby is thirsty & hungry work for a mum...you can help by offering to make her a drink (check if it's to be caffeine-free!) or just leave a glass of water handy...
3. Offer to wind your baby during night-time feeds, or volunteer to change the nappy?
4. How about carrying your baby in an infant sling/soft-carrier for a while each evening...and holding your baby skin-to-skin on your chest will help too (& no we don't mean that you'll end up doing the breastfeeding too!!)
5. Tell your partner she looks lovely, even/especially when she's saying she looks awful...
6. Do a few household chores, without being asked!
7. Be the 'gatekeeper' – this could mean getting rid of unwanted guests when your baby needs to feed, at least in the early weeks back at home.
8. Compliment your partner & tell her how proud you are of her!
9. Give her a chance to have a lie-in...it may be a 'day-off' for you, but there's no 'days-off' for a nursing mother. A 20-minute break might mean the world of difference to how she feels that day.
10. Have a go with feeding some expressed breastmilk to your baby from a bottle (once he or she is breastfeeding well, usually after at least 4 weeks).
11. Be aware that when your partner is nursing you may experience varying (surprising) responses. It could be that 'you find it wondrous, sensual & satisfying. You could also feel left out & jealous. Be honest with yourself & speak gently with your partner about it.
12. Try not to pester to get your sex-life back...these weeks are a drop in the ocean in the Big Scheme.

References

Real Baby Milk C.I.C. – Jessica Miln. Accessed Nov 2013

'Fathers-To-Be Handbook – A Road Map for Fatherhood' Houser, Patrick. 2007

Linked-Up is a small charitable organisation based in South Warwickshire offering practical help for new mothers of preterm (or low-birthweight) babies, mothers who have experienced an emergency Caesarian and mothers who are hoping to carry on nursing their babies at home & out-and-about

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Disclaimer:

We hope you find the 'Linked-Up 'Tips' useful, but please be aware they are intended only as a general guide & source of generic information. Please contact your midwife or health visitor regarding specific issues relating to your own individual situation.