



Support Your partner

Proud Fathers want healthy babies.

If you knew that breastfeeding was the best thing for your baby, would you be supportive of your partner and encourage her to breastfeed your new baby? Of course you would!

Dad, you play a very important role in the life of your child.

There are many ways you can assist Mom during pregnancy and after the baby is born.

Getting involved.

- Help Mom cook, clean, and do the laundry
- Make sure Mom eats healthy foods
- Plan feeding times
- Help Mom stay relaxed
- Compliment Mom often, because breastfeeding and being a mother are beautiful and natural things

Bonding is for Dads too.

- Burp baby after Mom breastfeeds
- Cuddle and hug your baby
- Change your baby's diaper
- Give your baby a bath
- Sing, read, and talk to your baby
- After Mom pumps and bottles milk, help feed your baby

Talk about breastfeeding.

- Talk to Mom about what you've heard and learned about breastfeeding
- Talk to other dads whose mate may have breastfed
- Ask the doctor questions during visits with Mom
- Help Mom map out a support plan
- Discuss health issues and benefits

Encourage your partner to do what's best for your child!

Remember, Mom and the baby are depending on you for support, protection, love and nurturing. So stay involved and encourage breastfeeding.

Why should you help Mom breastfeed?

- Breast Milk's all-natural ingredients help keep the baby healthier, lowering chances of obesity, diabetes and other diseases
- It fights infection
- It helps prevent excessive bleeding
- It helps Mom lose weight faster
- It can save you money through reduced medical bills and formula costs

Mom and the baby need your strength!

- Encourage Mom to see a doctor as soon as she knows she's pregnant
- Help Mom eat healthy
- Go to birthing classes with her
- Don't smoke around your baby
- Spend time with your family
- Make sure Mom and baby get lots of rest



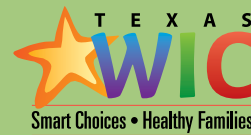
*Support, protect,
love, and nurture.*



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100% Natural Ingredients

For breastfeeding help and information
call 1 (800) 514-6667
or visit www.breastmilkcounts.com.



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stock no. 13-06-12081 rev. 10/09



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