

HOW DAD CAN HELP

During early breastfeeding days, most dads ask me how they can be a part of this journey and help mom and baby. These are just some of the common ways dads help during this phase.



Dads, or any support person, are essential to the success of breastfeeding. The "village" we once talked about to raise a child- that is not in our culture anymore. The family units have separate housing, friends and family live far apart, and everyone's lives are busier than ever. Having a strong support system at home from their partner is the best tool for success in the fourth trimester (first 3 months postpartum). I have compiled the top ways I have seen dads and other support people help moms and babies. If you find more ways- add on! No help is too much help!



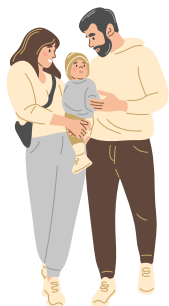
Diapers

Most dads will take the diaper duty. Especially at night, mom can get set up to nurse and dad can change the diapers. It splits the job in half and help relieve mom of some of the recurring tasks.



Bottles

If baby can take bottles, dads can help by feeding baby a bottle while mom sleeps (day or night). If this is in the nighttime early days and mom needs to pump, dad can give a bottle while mom pumps and goes back to sleep too. Depends on moms current needs.



Bond with mom and baby

This time is hard on moms physically and mentally, give her love and encouraging words during these times and watch for red flags with mental health. Take time to bond with baby by helping in baby duties and just cuddling and spending time together.



Burp baby/ Keep upright

If your baby gets gassy or reflux, after a feed baby needs to be burped and kept upright for their tummy. Dads can help by doing this step so mom can take a few minutes of rest after feeds



Nighttime Help

If baby does not go back to sleep after mom nurses, take a shift with the baby and let mom get some sleep. nighttime should be a shared parental responsibility. Divvy it up how it works for your household.



Household

Help with any household chores, laundry, dishes, bringing mom food or drinks while she is nursing or pumping. Running errands or simply showing love and patience during this time.



Play Defense

Dads can be the first line of defense with breastfeeding. If this is a goal of mom, dads can be the first to defend her feeding choice to negative commenters.