

# DAD CAN HELP

In so many ways

## Support breastfeeding

You are in this together. Learn about breastfeeding and support it. That helps mom, dad and baby succeed.

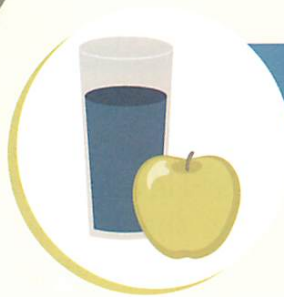


## Know the benefits of breastfeeding

- Breastmilk has all the right nutrients.
- It is easy to digest, so there is less diarrhea and less smell!
- Breastfed babies are sick less.
- Breastmilk costs less and is more convenient.

## Take care of mom

Make sure she eats well. Help her get rest whenever she can. Bring her a glass of water or snack when she is breastfeeding. Limit visitors while mom and baby learn to breastfeed.



## Help out around the house

Care for and play with your other children. Prepare meals. Pitch in with housework.



## Bond with baby

Cuddle with baby skin-to-skin. Bath, rock, diaper, talk, read and play with baby. Baby loves your deep voice, fuzzy chest and big hands.



## Encourage and protect mom

People may ask if baby is getting enough, or tell you to use formula. Remind them of the benefits of breastfeeding. Help mom ignore these comments. When she feels unsure or doubts herself, remind her that she is doing great.



## Feeding "on cue"

### Follow your new baby's lead

Responding to your baby's cues helps them feel safe and cared for, as well as satisfied and content. Babies know what they need -listening to them helps prevent under- or overfeeding.

**"I'm hungry!"**

**Example of a baby bringing his hand to his mouth.**

## Hunger cues

### Signs that your baby is ready to eat

- Fluttering eyes / waking from sleep
- Nuzzling into the breast
- Rooting (opens mouth and turns head)
- Bringing hand to mouth
- Sucking on tongue or hand
- Tight fists held at center of chest
- Crying - If you wait until your baby cries to feed him, he may be too upset to eat. If this is the case, calm your baby first by gently rocking him side to side, or try skin-to-skin contact.

## Fullness cues

### Signs that your baby is full

- Eating slows down
- Turns face away
- Relaxed arms, falling away from body
- Stops sucking
- Falls asleep

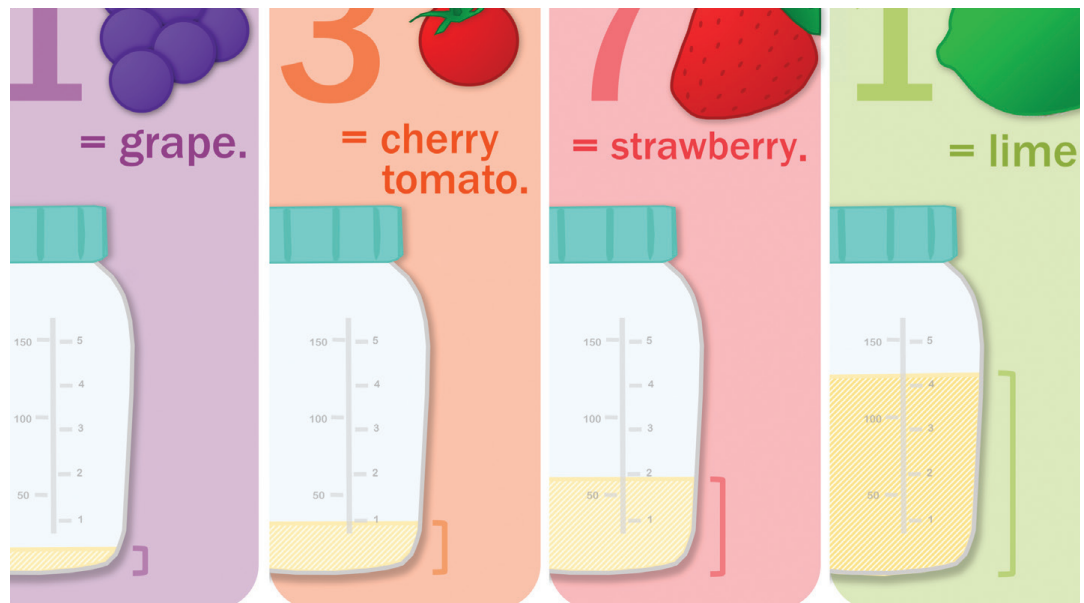
**Watch your baby, not the clock**

### Pacifiers

Pacifiers can hide cues that your newborn baby is ready to eat. Avoid using pacifiers until breastfeeding is going well for you and your baby.

## Newborn tummies are very small!

In the beginning, there may be times when your baby eats a little bit nearly all the time. This is normal. The frequent feeding helps bring in a good milk supply for you.



# FEEDING CUES

## 1. EARLY CUES: "I'm hungry"



Stirring



Mouth opening



Turning head  
Seeking/rooting

## 2. MID CUES: "I'm really hungry"



Stretching



Increasing movement



Hand to mouth

## 3. LATE CUES: "Calm me, then feed me"



Crying



Lots of movement



Color turning red

**CALM CRYING BABY  
BEFORE FEEDING**

Cuddling, Skin-to-skin on chest  
Talking, Stroking



**LOOK FOR EARLY  
FEEDING CUES**

# BREASTFEEDING and YOUR LIFESTYLE

You know breastfeeding is good for you and your baby, and you want to provide your milk for your baby! Many mothers have questions, though, about some lifestyle choices.



## What About Medications?

- Most medications can be taken while breastfeeding.
- There are alternatives for those medications that may not work with breastfeeding.
- Talk with your health care provider about options that work with breastfeeding.
- An online resource for information about medications and breastfeeding is the NIH database - LactMed. <http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>.

## What About Alcohol?

- Moderate alcohol consumption on occasion is okay.
  - Moderate means no more than one drink/day for women of legal drinking age for optimal health.
  - One alcoholic drink equals: 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol)
- It's best to drink right after your baby feeds to allow time for the alcohol to clear your system before your baby feeds again.
  - It takes about 2 hours for a single serving of alcohol to clear out of your system.
  - There's no need to "pump and dump" after a single drink.
- **Always avoid excessive drinking when caring for your baby, whether you breastfeed or use formula.**

## What about Caffeine?

- Caffeine in moderation is generally okay. (up to 3 cups spread out throughout the day).
- If your baby is fussy or wakeful, you may need to consume less caffeine or avoid it until your baby is older.
  - Babies under 6 months may be more sensitive to caffeine because it takes much longer for caffeine to clear out of their system.
- Remember that caffeine can be found in coffee, tea, soda, chocolate, and even some medications.

# Just for partners and loved ones

## Breastfeeding is a team effort

### **LEARN about breastfeeding ahead of time**

Ask to be included in discussions with healthcare providers about breastfeeding. This should start before the baby is born.

Attend a breastfeeding class with the expectant mother in your life.

Locate a support group for families in your area.

### **SUPPORT the new mother in your life**

Limit the number of visitors in the first weeks of the baby's life.

Mothers may feel overwhelmed and will appreciate the private time to adjust to the new baby.

Help with household chores such as food preparation, garbage/diaper disposal and cleaning.

Support mom's goals with breastfeeding and help her get support if she is having troubles.

### **PROVIDE Comfort for Mom and Baby**

Make sure mom is comfortable while breastfeeding and has had plenty to eat and drink. Provide a tray of snacks and water that she can reach.

Talk, sing, and hum to the new baby in a soft calm voice. Use eye contact.

Bond with the baby by giving baths, practicing skin-to-skin contact, wearing the baby in a baby-carrier, and learning techniques to gently massage the baby.



See Resources on page 22 for help.

### **Kevin's Story**

A first-time parent, Kevin, was excited to take care of his newborn baby. He thought giving his baby a bottle would give his partner a rest from breastfeeding, and help his baby get to know him. While he wanted to support his partner, he learned that giving newborns formula actually interrupts the natural process of breastfeeding, and could lower her milk supply. Kevin is still committed to supporting his partner with breastfeeding. Now, he is having a great time exploring the many different things he can do to bond with his newborn. His favorite so far is holding his baby skin-to-skin on his chest.

# Benefits of Breastfeeding<sup>1</sup>

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## Research studies show that breastfed babies:

- Have fewer ear infections and respiratory infections
- Have fewer digestive problems and are less likely to be constipated
- Are less likely to develop cancer or diabetes in their lifetime
- Are less likely to be obese later in life
- Are less likely to die from sudden infant death syndrome (SIDS)



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

## Research studies show moms who breastfeed:

- May be more likely to burn up to 500 calories a day, which helps moms return to their pre-pregnancy weight
- Have a reduced risk of postpartum mood disorders
- May be less likely to develop breast cancer or ovarian cancer
- May be less likely to develop type 2 diabetes and cardiovascular disease

## What Breastfeeding Families Need

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Many women continue to breastfeed after they return to work or school. How is this possible? Moms breastfeed their baby when they are home and express their milk using a breast pump or by hand expression when they are away from the child. This is necessary to help moms to continue making milk and allows them to give their milk to their child when they are away. Your support will help moms feel confident and relaxed knowing they are giving their child the best they can, even after they return to work.

# All Family Members Can Help

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Moms rely on the people closest to them — their family — for support with breastfeeding, especially when they return to work or school.

**Dads/Partners.** You have a role to make the mom feel special and important. Help her feel your love and emotional support. Tell her you are proud of her for giving your baby such a healthy start in life. Going back to work also adds new tasks to her day, which can make her feel tired. Your help and support at home will make things easier.

**Grandparents.** Moms look to their own parents for encouragement and support. Even if you did not breastfeed, you can show her you are proud of her. Many new grandparents like to take charge of the baby, but asking new moms what they would like help with is a great first step in providing the support they need. She might need a meal cooked, or help with the laundry, or she may want you to watch the baby while she takes a bath or a walk. Find little ways to show her you are proud of her. She'll never forget it!



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

## Here are some things family members can do to enjoy spending time with baby:

- Hold baby close
- Take baby for a walk
- Read to baby
- Play with baby
- Rock baby
- Bathe baby
- Dress baby in cute clothes
- Sing to baby

# Breastfeed Durham

## Feeding the Future

Breastfeeding, Chestfeeding, & Human Milk Feeding



## Our Mission

The mission of Breastfeed Durham (Breastfeeding Family Friendly Communities of Durham) is to help create a more breastfeeding and family friendly Durham by advocating for policies and practices that support breastfeeding, chestfeeding, and human milk feeding, as outlined by the World Health Organization (WHO).

## Our Vision

We recognize that chest/breastfeeding, and in particular, exclusive chest/breastfeeding, is the “great equalizer” as JP Grant expressed during his tenure as UNICEF executive director, impacting health equity outcomes at all stages of life. Believing that the creation of a chest/breastfeeding friendly community can ameliorate those inequities, we seek to provide access to support for all families in the Durham community, as well as advocate for policies that protect nursing parents’ rights, in order that they may meet their own personal breastfeeding goals.

## Our Goals

With your help, Breastfeed Durham is making changes. We will encourage families to hold healthcare providers accountable for top quality health care, help families find excellent prenatal care, and teach every family in Durham why human milk feeding matters. We will support statewide and international efforts for paid family leave and teach employers how to encourage and support nursing parents. We will help families find childcare providers who support breastfeeding, chestfeeding, and human milk feeding. We will support local markets that sell healthful food, encourage businesses to fill food deserts, and support the city and county to make beneficial changes for all. By the time our grandchildren are born, every family that wants to breastfeed will be able to do so, for as long as that family chooses, by making educated and supported choices that are not undermined.

- ❖ To implement the 10 Steps to a Breastfeeding Family Friendly Community
- ❖ Connect with stakeholders from diverse backgrounds, organizations, agencies, and institutions
- ❖ Provide technical assistance for organization who are seeking a Breastfeeding-Friendly Designation
- ❖ Advocate for chest/breastfeeding-friendly policies in Durham
- ❖ Disseminate chest/breastfeeding-related news throughout the community

## Connect with Us

For breastfeeding support, to learn more about Breastfeed Durham, or to get involved:

**Email:** [durham@breastfeedingcommunities.org](mailto:durham@breastfeedingcommunities.org)

**Website:** <https://breastfeeddurham.org>