



Breastfeeding tips & techniques:

Support for the Breastfeeding Mom



When it comes to feeding your baby, it is hard to beat the benefits of breastfeeding. Since moms are the only ones who can breastfeed, others may feel left out during feeding times. Being a new parent is tiring! Feeding is not the only way to bond with a baby. There are many ways that friends and family can be supportive when a mother breastfeeds.

Breastfeeding triad

Fathers and partners are very important to all babies, no matter how the babies are fed. Many people feel that a supportive father, partner, or other close family member is one of the most important factors in having a positive breastfeeding experience. Having a supportive partner can help make the early learning period of breastfeeding easier and more enjoyable for mother and baby.

Grandparents and breastfeeding

Be sure to let your grandbaby's mom know that you support her breastfeeding, even if that is not how you chose to feed your children. Sometimes your daughter or daughter-in-law will look to you for feeding advice. Be open to the idea that she may want to feed her baby differently than you did. Help make sure she has everything she needs to successfully breastfeed her baby. Be sure she gets her rest and nutritious meals.

Ways you can help

- ... **MEALS:** Help prepare meals or pick them up. It is important for mom to eat a well-balanced diet, especially when breastfeeding. What she eats or drinks affects both her and the baby.
- ... **REST:** While the baby is sleeping, remind mom to take a nap or get a few minutes of rest. Wake her up when it is time for the next feeding or when the baby awakes.
- ... **BABY CARE:** Help care for the baby so mom can rest. Help with bathing, changing diapers, dressing the baby, cleaning the crib, or caring for the baby. Babies love to be held!

continued »

Need
breastfeeding
advice or help?

It is OK to **ASK** for help:

CALL the baby's doctor or pediatrician » **REFER** to the numerous resources listed at www.abbottnutrition.com/breastfeeding

Quality assured in conjunction with:



Help line open M-F, 8:30 AM to 7 PM ET
Call Feeding Expert: 1-800-986-8800





- ... **HOUSEWORK:** Help with regular household chores, such as doing the dishes, washing clothes, running the vacuum, dusting, taking the trash out, and anything else that needs to be done. If there are older children, watch them, help with their care, assist with homework, or take them to activities. Go grocery shopping or pick up items mom may need, or do other time-consuming errands.
- ... **FEEDING THE BABY:** Help mom position the baby with blankets and pillows. In the beginning, help mom get the baby latched on. Get mom a glass of cool water or juice to sip on while she is breastfeeding. After the feeding, hold, burp, and change the baby. Share in this closeness!

