

How Dads Can Support Breastfeeding



After a baby's birth, skin to skin contact with their Dad can help regulate their heartbeat, triggering the release of the feel good hormone known as oxytocin enabling Dad to provide comfort for baby and increased paternal bonding.



Dads can learn to read babies cues and respond, which is the first form of parenting communication.



Dads can burp the babies after feedings, give baths and change diapers to assist Moms as a parent.



After breastfeeding is well established, Dads can feed expressed breast milk, around 1 month.



Dads can read to their babies, as well as sing and provide plenty of hugs.



Dads can speak words of affirmation and encouragement to their partner often.

Contact:

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