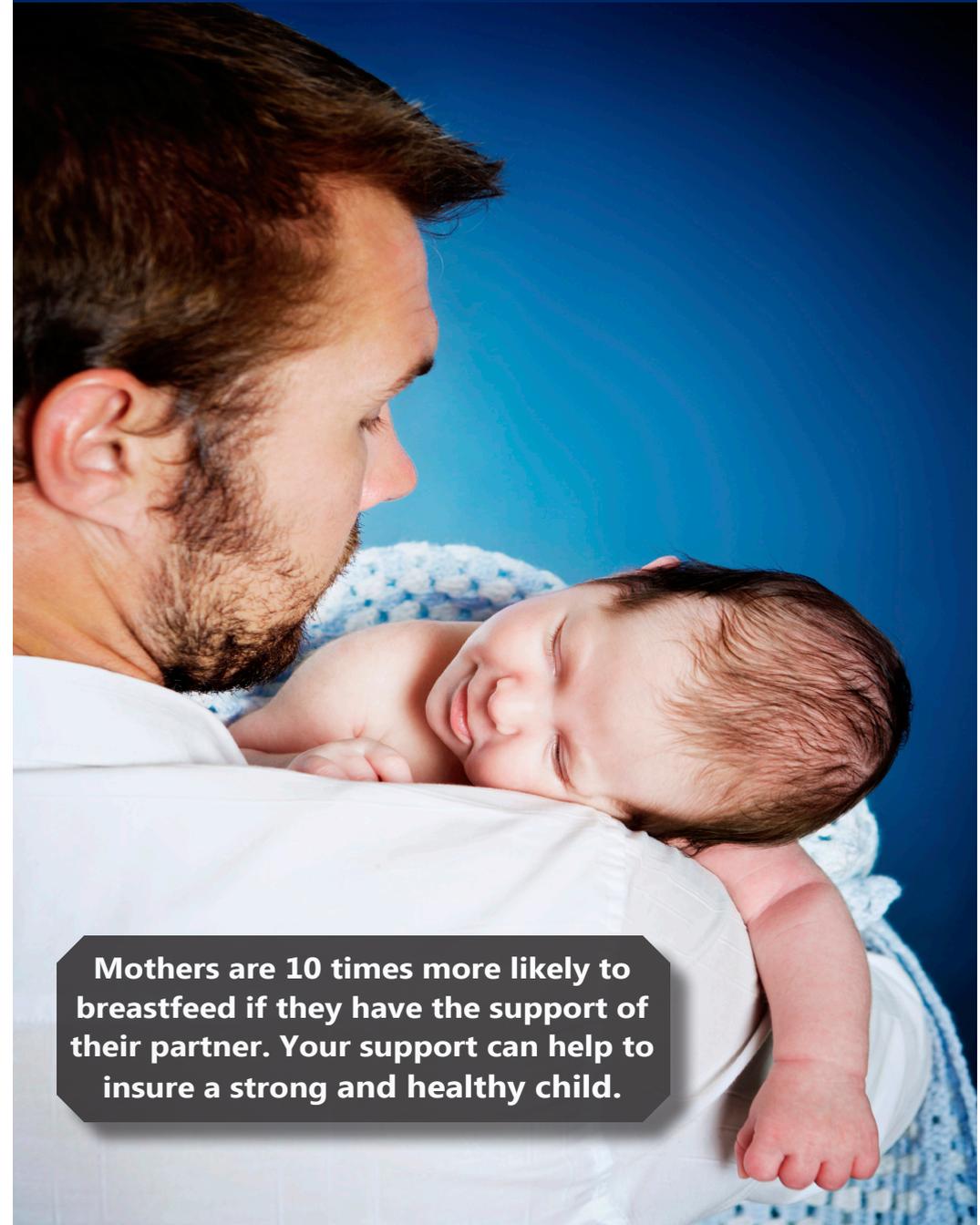




DAD

Bond With Baby

- Babies need cuddle time with Dad. Skin to Skin is great for this.
- Help with diaper duty and bath time. It is a great time to talk and make silly noises.
- Take baby for walks.
- Read the paper, magazine, or books out loud. Babies won't understand now, but they love to hear your voice.
- Talk and make funny faces.
- As baby gets older try Peek-A-Boo.
- Play music or sing a song and sway around the room.
- As baby gets older you can help her stand and dance.



Mothers are 10 times more likely to breastfeed if they have the support of their partner. Your support can help to insure a strong and healthy child.

This institution is an equal opportunity provider.



State of Wisconsin
Department of Health Services
Division of Public Health
P-00941 (01/2015)



Dads Can Help

In The Hospital

- Make sure baby gets Skin to Skin. If Mom can't - YOU CAN.
- Tell staff baby will not need bottles or pacifiers.
- Make sure Mom breastfeeds in the first hour.
- Limit visitors to help you and Mom get to know baby.
- Watch when nurses help Mom learn to breastfeed. You can help remind Mom when at home.

At Home

- Remember baby needs to eat 8-12 times a day.
- Watch for hunger signs; licking lips, sucking hands, or turning head back and forth are all early signs of hunger. Crying is a late sign of hunger.
- Hold baby after feedings to help them settle into sleep.
- Run interference with anyone that challenges the decision to breastfeed.

Mom

- Help Mom with chores around the house and errands.
- Tell Mom you are proud of her.
- Bring Mom a glass of water while breastfeeding.
- Help Mom get comfortable while breastfeeding.

Breastfeeding is Best for Babies

	Breastmilk	Formula
Cost for 1 year	\$0	\$1700*
Meets federal nutrition requirements for infants	✓	✓
Protects against illness	✓	
Reduces risk of death from Sudden Infant Death Syndrome (SIDS)	✓	
Reduces risk of cancer	✓	
Changes as baby grows and nutritional needs change	✓	
Associated with higher IQ	✓	
Prevents diarrhea/constipation	✓	
Decreased risk of asthma or allergies	✓	

* estimated cost taken from www.thesimpledollar.com

If Mom is having pain or convinced she is not making enough milk, call WIC for help.