

Dads Do Matter



Do my thoughts count?

Did you know that a Dad's ideas about breastfeeding are one of the most important factors in whether or not your baby is breastfed? It is very important for your baby to be breastfed by his/her mother. Take a class with her about how to help keep your family stay healthy through breastmilk. You will learn that **if your baby is not breastfed it:**

- Doubles the chance of getting ear infections
- More likely to be hospitalized with respiratory infections (3.6 times more)
- More stomach illness and diarrhea (2.8 times more)
- More likely to be obese (1.3 times more)
- More likely to have diabetes (1.6 times more)
- Doubles the chance of SIDS

It helps keep mom healthy too!

- Less likely to get breast cancer when breastfeed
- Less likely to get ovarian cancer
- Lose more weight
- Less diabetes over time & reduces postpartum depression

At the Hospital

- Help your baby go skin to skin after he/she is born. If c-section dads should hold their baby skin to skin until mom can. Bonding starts at birth for you too!
- Make sure medications and procedures are delayed until after the first feed (unless medical problems)
- Room in, stay to help, and keep visitors to a minimum to allow rest and unlimited breastfeeding
- Be mom's support system when she is having a hard time; ask for help, tell her she can do it. Give her a break by letting her shower or rest, not by feeding a bottle.

At Home

Your baby will like being close to you and mom. Hold skin to skin, encourage feeding the baby when they want to be fed (not by clock or schedule) and find help for her if she is sore or worried. Pumping or bottle feeding too early can make breastfeeding harder. Try to help with saying how proud you are of her, helping with other children or chores, and let her rest. Change your baby, burp your baby, hold your baby when they sleep and remember that it gets easier! Find a support group together or a lactation consultant to help.

Before and After Baby
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