

What can a father do?

- **Tell your partner** and your family and friends **that you are proud of her** and that your baby is fed mothers milk.
- **Sit and talk to your partner** when she is feeding or just be there beside her so that she knows you care.
- **Take care of the baby for an hour or two** while your partner has some time to herself. She may want to lie in the bath or sleep or go for a walk.



- **Spend time close with your baby** - rock, cuddle, sing, play and go for walks together. Learn games and songs such as Incy-wincy Spider to play with your baby, even from very young.
- **Find out** how mother's milk is made and how to help your baby to feed well. Remember it takes both baby and mother time to learn these new skills.

Remember

- Your baby will grow up very quickly. Enjoy your baby.
- It can be sad for both the mother and the baby if they have to stop this natural feeding and close contact before they are ready. Help to find ways to solve problems and continue feeding.
- There is help and support such as groups run by other mothers and groups run by the health services. Find out what is in your area and how to contact them. Women are welcome at the support groups during pregnancy.



- All new mothers (and fathers) get tired and are awake at night. Take it easy and don't try to do everything that you did before the baby came.
- Baby can feed without anyone seeing a bare breast. Help your partner try different clothes so that she can attach the baby with a top that pulls up rather than opens from the top.
- It does not help if you doubt that your partner will be able to feed the baby.

Mother's milk is important to your baby, your partner and to you.

Mother's milk is all the food a baby needs for the first six months. A baby who does not get mother's milk is more likely to have allergies and illness both as a baby and when older. Giving mother's milk means less cost of doctors and medicines and less time off work with a sick child.



Feeding her baby with her own milk can help a mother to be more loving towards her baby. It also helps her body to tone-up after the pregnancy and birth. It reduces the risk of breast cancer too.

Mother's milk is free - no cost of buying formula milk and keeping equipment clean. It is always there and ready. No rush to the shops in the rain.

Human milk is made for human babies. It helps the baby's brain grow so your child can think and learn well. It is easy to digest - less smelly nappies.

Mother's milk is 'green'. It does not cause pollution when it is made and it has no tins to dispose of. It does not need to travel miles using fuel.