

Hey Dad!

When it comes to breastfeeding,
you make the difference.

"The father's role, especially in the early months, is primarily one of supporting and taking care of the mother so she can implement nature's design."

-La Leche League



When you support your partner in breastfeeding, you are helping to reduce her risk of

breast cancer, ovarian cancer, and osteoporosis.

"I know that breastfeeding is the best for my baby. I can't lactate, but there are a lot of things I can do, things that help me bond with my baby and that are just plain practical."



"It's less work by far, it's easy

on the environment, it's cheaper, and the diapers smell better. Count me in!"



In the early postpartum period, moms may need extra encouragement facing fatigue, hormonal changes, and feeding



challenges... *"I know that the only reason I felt able to continue breastfeeding was because my husband was there to encourage me, feeding by feeding, day by day."*

Studies have shown that the father is a key player in successful, continued breastfeeding.

Supporting • Encouraging • Protecting