



# Dad's Tools

For Building a Breastfeeding Family



Shed some light on breastfeeding; learn the how to's and understand the why's.



Protect your family's choice of infant feeding with a secure and positive attitude about breastfeeding.



Build a strong foundation for breastfeeding; show respect and understanding of the mom's ability to make the perfect food for your baby.



Maintain the mom by providing food, encouragement, hugs and praise.



Work as a team with the mom; check in with each other often and stay connected.



Measure out the household activities and share the laundry, food prep, cleaning and older sibling care.



Spend time prying open the meanings of your baby's cues and how they communicate their feelings and needs such as happiness, tiredness and hunger.



Secure a strong bond with your baby; rock, hold, sing, play, and comfort.



Use the basic tools of baby care often; bathing, burping, swaddling, suckling, diaper changing, and relieving gas.



Draft out your plans for building a breastfeeding family. Every family benefits from a loving and involved father.



Photos by: Cranbrook Better Babies 2004 Poster Designed by: Diane Cameron RN, BN & Pat Chisholm, RN, 2004



## Websites:

- Boot Camp for Dads: [www.newdads.com](http://www.newdads.com)
- Dads Can: [www.dadscan.org](http://www.dadscan.org)
- Ask Dr Sears: [askdrsears.com](http://askdrsears.com)
- Canadian Father Involvement Initiative: [www.cfii.ca](http://www.cfii.ca)

## Local Information: