

HEY DADS!



Want to help but don't know where to start?

Here's a list of things you can do to support breastfeeding + bond with your Baby + make Mom happy!

- ♥ Help mom to position baby at the breast and check for signs of a correct latch
 - Lips flanged
 - Chin pressed into breast
 - Rhythmic jaw movement seen back to the ear
 - No dimpling of cheeks or clicking sounds
 - Swallowing sounds <aah, aah, cah,cah...>
- ♥ Change baby's diapers and keep a record of how many wet/dirty diapers
There should be at least 5-6 wet disposable diapers, or 6-8 wet cloth diapers and 3-4 "Loonie-size" bowel movements per day (after day 3-4)
- ♥ Burp baby - put a towel over your shoulder and pat baby's back like you're dribbling a basketball
- ♥ Change out of work clothes as soon as you get home so that you smell like "Dad" and not "The Office"
- ♥ Limit visitors during the first week (unless they bring a casserole!) so that mom and baby can rest

- ♥ Do "Infant Massage" ~ check out the book "Infant Massage: A handbook for loving parents" by V. Schneider
It even has a special chapter JUST FOR DADS!!
- ♥ Help prepare meals (it doesn't have to be a gourmet extravaganza)
- ♥ Housework (any/all).....never complain about a dirty house
- ♥ Laundry -if you're not sure, use cold water only so that colors won't run
- ♥ Massage mom's neck, shoulders, feet etc. frequently!
- ♥ Fend off the world so mom can get some extra sleep when the baby sleeps during the day ... take the phone off the hook, put a sign on the door ... She will love you for this, guaranteed!
- ♥ When mom is breastfeeding, bring her a nice, cold drink and snack ...and maybe the remote control, TV guide, favorite book, telephone, post-natal vitamins, etc. Make up your own routine!

- ♥ Play 'n' Cuddle with baby ~ you can't do it too much or do it wrong!
- ♥ Read to baby and mom after you lovingly brush mom's hair
- ♥ Bathe baby and/or take a bath *with* baby, they'll LOVE it!
- ♥ Encourage and compliment mom for breastfeeding (often and always!)
- ♥ Reinforce that her job as a mom counts as much or more than a job that brings home a paycheque
- ♥ Always be mom's biggest advocate and supporter!
- ♥ Never ask mom to leave the room for breastfeeding
- ♥ Breastfeeding is a basic human right, therefore.....
- ♥ Encourage mom to breastfeed anytime, anywhere!

Hang in there, baby will soon be reaching out and relating to you, having learned about trust and love in your arms, and at mom's breast...