

How to Support Breast/Chest Feeding

As a supporter, you are part of the Breast/Chestfeeding team.

Quick Information on Breast/Chestfeeding

- Breastfeeding has a positive impact on your baby's health.
- Babies are happier when fed as soon as they show signs of being hungry.
- In the early weeks, babies feed frequently. Anything from 8 to 12 times or more in 24 hours, especially during the evenings.
- At first some babies are slow feeders but get quicker as they get older.
- The more a baby feeds, the more milk is produced. It's the removal of milk that drives production.
- The Canadian Pediatric Society recommends exclusive breastfeeding for at least your baby's first six months.
- Soreness or pain during feeding can be a sign that a baby needs an adjustment to their latch at the breast.
- Your comfort and relaxation will assist in creating a positive feeding environment.

Supportive Tips

1. Encouragement, reassurance, and praise are key to learning a new skill.
2. Be true to each other, listening and sharing how you both are finding your own way with the baby.
3. Remember, there are multiple ways to be involved with the baby.
4. Consider ways to help your partner relax: massages, quiet time, etc.
5. Encourage your partner's self-care, including good nutrition and hydration.
6. Provide help when struggling with breast/chest feeding and seek out alternate feeding supports.
7. Accept decisions on when to stop breastfeeding.
8. With your support, breastfeeding can quickly become a routine part of your family life.

You and Your Infant!

- Spend time and interact with your baby while you're looking after them.
- Bathing your baby is a wonderful way to engage and get to know your infant.
- Both of you will benefit from skin-to-skin contact and one-to-one time together.
- Talking: Babies enjoy hearing gentle sounds. They recognize the muffled tones of people talking from their time in the womb. Baby will be aware of your voice. Talking with your baby might feel one-sided; rest assured, they know it's you.
- Social 'play': Interaction with your baby that emphasizes their various senses helps stimulate brain development. For example, fun facial expressions, stroking/touching, rocking ...
- You're turn to carry the baby: Try out a baby sling. It can be a rewarding and comforting experience for both you and your baby.

By being hands-on with your baby in different and rewarding ways, you might find the feeding part less important to you than you expected.

RESOURCES:



Canadian Pediatric Society, Canada – Caring for Kids

Breastfeeding <https://caringforkids.cps.ca/handouts/pregnancy-and-babies/breastfeeding>
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Public Health Agency of Canada

Protecting, Promoting and Supporting Breastfeeding

<https://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/pdf/ppsb-ppsam-eng.pdf> December
2023



La Leche League, Canada

How Partners and Supporters can Help

<https://www.lllc.ca/sites/default/files/How%20Partners%20and%20Supporters%20Can%20Help.pdf> September 2023



National Childbirth Trust, UK

How can dads and partners support breastfeeding?

<https://www.nct.org.uk/baby-toddler/feeding/tips-for-dads-and-partners/how-can-dads-and-partners-support-breastfeeding#:~:text=If%20you%20think%20your%20partner,to%20midnight%2C%20including%20bank%20holidays> September 2023