

How to support your breastfeeding partner



Being there to support your breastfeeding partner in the early days can help you both adjust to the challenges and demands that a new baby can bring. This can allow you both to share a role in caring for and nurturing your baby and become more confident together.

Early breastfeeding can involve frequent feeds. During this time, supporting mum in other ways is especially valuable. These acts of support show that love, care, and bonding with your baby can be expressed in many ways.

This includes:

- Spending time getting to know your baby is important and it helps you bond with your baby
- Cuddling baby close
- Skin-to-skin contact
- Carrying baby in a sling/carrier
- Changing nappies
- Bathing baby
- Baby massage
- Helping to settle your baby after a feed
- It's great to talk, sing and read to your baby.

Learn about breastfeeding

One of the best things you can do to support someone who is breastfeeding is to learn about breastfeeding. This will allow you to help your

partner remember breastfeeding information and manage breastfeeding concerns.

Key things to know about breastfeeding:

- Breastfeeding takes time, practice and patience to learn. It can take weeks to feel confident
- Breastmilk is natural and nutritious for your baby
- Breastfeeding gives your baby protection against infection and disease
- Breastfeeding reduces the risk of diseases such as breast cancer, ovarian cancer and osteoporosis
- Breastfeeding is free and convenient
- Newborns can feed 8-12 times a day and can vary in length. In the early days each feed can last anywhere from 15 minutes to 1 hour
- Getting attachment right and finding a good breastfeeding position is important.

Supporting your partner's emotional needs

The early days are a time of adjustment, so ongoing encouragement and reassurance can make a meaningful difference for your partner.

It is important for a mum to hear how well they are doing and that you are proud of them.

Sharing thoughts can offer perspective, and you may be the one who recalls a key breastfeeding tip at the right moment.



Everyone has different ways of doing things and you may get conflicting information. Remember that your baby and family are unique, and you may need to try several options before you find what works best for your family.

Encourage your partner to talk through their breastfeeding concerns with a qualified health provider such as a Midwife, Child and Family Health Nurse or Lactation Consultant.

Practical support at home

- Take as much leave as possible or arrange some days to work from home.
- Do as much as you can at home such as making meals, doing laundry, general cleaning, looking after other children or pets.
- Accept offers of help from family and friends.
- Care for your partner such as getting them a drink, something to eat or an extra pillow for more comfort.
- Care for baby while your partner has a shower or a nap – this could involve going for a walk with baby.



Useful contacts

Australian Breastfeeding Association
Website: www.breastfeeding.asn.au



Child and Family Health Nurses
Phone: 1800 222 608



Gidget Foundation
Provides timely, appropriate and specialist support for parents facing perinatal anxiety and depression.
Phone: 1300 851 758, Monday to Friday, 9am - 5pm.
Website: www.gidgetfoundation.org.au

PANDA

Perinatal Anxiety & Depression Australia
Phone: 1300 726 306, Monday to Friday, 9am - 7:30pm, Saturday 9am - 4pm.

Rainbow Families

Website: www.rainbowfamilies.com.au

SMS4dads

Receive free text messages, support information and tips - especially for dads and dads-to-be.
Website: www.sms4dads.com.au

Tresillian

Parent helpline
Phone: 1300 272 736

Nepean Blue Mountains Local Health District

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
Fax: (02) 4734 3737
Email: NBMLHD-mail@health.nsw.gov.au

Web: www.nsw.gov.au/health/nbmlhd
Facebook: www.facebook.com/NBMLHD
Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District