

Dear Dad, you can support breastfeeding too!

Encourage

- Learn breastfeeding basics
- Sit with mom while she feeds
- Offer encouragement
- Give mom time to rest
- Help with chores and cooking

Bond

- Focus on skin-to-skin time
- Help take care of your baby
- Learn your baby's hunger cues
- Spend time playing with your baby



Breastfeeding is a
FAMILY affair!