

**We use the term breastfeeding through this infographic, but the information applies to chestfeeding, Trans, and Non-Binary individuals as well**

 **MAMA Lab** Learning Hub

# How to support a breastfeeding caregiver



A photograph of a man and a woman smiling and looking at a newborn baby. The woman is holding the baby, who is wrapped in a white blanket with small stars. The man is standing behind her, also smiling. The background is softly blurred, suggesting an indoor setting.

# Encouragement

- **Cheer** your partner on!
- Tell your partner how **proud** you are of them!
- **Validate** your partner's choices.
- **Help set small goals** if feeding is hard.




A photograph of a man with a beard looking down at a baby lying in a white crib. The man is wearing a dark tank top. The baby is wearing a grey onesie and a red headband. The background is a dark green wall. The text is overlaid on a semi-transparent dark grey box.

# Do your part

- Create a **calm** environment.
- **Bond** with baby. Change diapers, bathe, burp, go for a walk.
- Watch over other children in the house during feeding.
- **Educate yourself** on breastfeeding so you're prepared when baby arrives.
- Help with housework and chores.



A photograph of two women and a baby. The woman on the left has dark hair in braids and is wearing a black top. The woman on the right has long, wavy brown hair and is wearing a green top. They are both smiling and kissing each other on the cheek. A baby is wrapped in a white blanket and is being held by the woman on the right. The background is a plain, light-colored wall.

# Take care of the breastfeeding parent so they can take care of baby

- **Ask** what they need to be supported.
- **Listen** to their worries and frustrations.
- Bring your partner **snacks** and **water** while feeding.
- **Keep them company** and talk with them.



# Outside of the home

There are other ways to support your partner too

- **Help contact experts** if more help is needed- make phone calls, do research, etc.
- **Advocate** for your partner's right to feed at home and in public!



# More Helpful Resources

- [www.mamalab.ca](http://www.mamalab.ca)
- Breastfeeding Committee for Canada
- La Leche League Canada
- Canadian Lactation Consultant Association



# References

- How Families Can Help Support Breastfeeding Moms. Medela. [cited 2021 Jul 5]. Available from: <https://www.medela.us/breastfeeding/articles/how-families-can-help-support-breastfeeding-moms>
- Supporting a Breastfeeding Mother. La Leche League GB. 2016 [cited 2021 Jul 5]. Available from: <https://www.laleche.org.uk/supporting-a-breastfeeding-mother/>
- Association AB. Especially for partners. Australian Breastfeeding Association. Australian Breastfeeding Association; 2011 [cited 2021 Jul 5]. Available from: <https://www.breastfeeding.asn.au/bf-info/general-breastfeeding-information/especially-partners>