



# WORKING TOGETHER MAKES BREASTFEEDING BETTER!

## TIPS FOR NEW BRUNSWICK FATHERS AND PARTNERS

In New Brunswick, more and more families are breastfeeding.  
Breastfeeding is the normal, natural way to feed your baby.  
It is the foundation for lifelong good health for mothers, babies, and families!

### WHY IS BREASTFEEDING IMPORTANT?

Breast milk has everything babies need to grow and develop. It is the only food they need until they are six months old. Breastfeeding can continue as long as mother and baby enjoy it! Health Canada recommends breastfeeding for up to two years and beyond.

#### For babies and children, breastfeeding:

- Protects against ear and lung infections, diarrhea, asthma, and other illnesses.
- Promotes healthy brain development.
- Lowers the risk of certain types of childhood cancer, diabetes, Sudden Infant Death Syndrome (SIDS), and obesity later in life.

#### For families, breastfeeding:

- Saves money.
- Requires no preparation. Breast milk is always ready and at the right temperature when your baby is hungry.
- Is convenient. Makes travelling and outings with your baby simpler, with fewer items to bring and no refrigeration needed.
- Reduces health care costs for your family and society.
- Lowers the risk of breast and ovarian cancer, osteoporosis, type 2 diabetes, and postpartum depression for mothers.





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Mothers benefit from the support they receive from their partners. Offering encouragement and support can positively influence your family's breastfeeding experience.

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### What can you do?

- Support your partner. In the beginning, breastfeeding takes time to learn - every mother and baby needs practice.
- Learn about breastfeeding together. Go to prenatal classes, read books, or check out breastfeeding websites.
- Help boost her confidence with breastfeeding. In moments of doubt, encourage her.
- Listen to her needs and feelings. Be sensitive. Ask how you can help.
- Encourage her to rest. Help out with everyday chores, such as cooking, cleaning, shopping, laundry, and caring for your other children.
- Keep her company while she is feeding. Bring her food, something to drink, or anything else she may need.
- If you are away, keep in contact. Call or text with words of encouragement.
- Speak up to family, friends, or others about breastfeeding. It's a woman's right to breastfeed anywhere, anytime!
- Be aware of breastfeeding supports in your area. A list of local support services can be found at [www.gnb.ca/breastfeeding](http://www.gnb.ca/breastfeeding).

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### Care for baby

Feeding is only one of the many things your baby needs. Connect with your baby in your own way:

- Hold your baby skin-to-skin.
- Learn about and respond to your baby's cues.
- Read, talk, and sing to your baby.
- Change your baby's diaper.
- Give your baby a bath or massage.
- Play with your baby or go for a walk.
- Cuddle and rock your baby.

Wellness lives where breastfeeding is supported and encouraged.