Breastfeeding is best for both baby and mom. Everyone in the family can help—dad, grandparents, aunts and uncles. Even older children can do their part.

Learn more about breastfeeding before the baby is born.

Support her choice to breastfeed. Tell her you are proud of her.

Bring her water or juice and a snack—breastfeeding can make her feel thirsty and hungry.

Help with the household chores.

Help with baby care like changing diapers or giving a bath.

At night bring the baby to mom for feeding, and bring the baby back to its crib when finished.

Older brothers and sisters can bring mom things, like a pillow or blanket.

Be supportive when she breastfeeds outside the home. Let her know it’s OK and help her to feel comfortable about it.

If she is having trouble with breastfeeding, remind her to call her Healthy Start worker for help and support.

Play or read with the other children while she is breastfeeding.

Important Phone Numbers

Healthy Start program:
Doctor or Health Center:
WIC program:

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