



ILCA's INSIDE TRACK

a resource for breastfeeding mothers

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What About Partners?

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What can partners do if they cannot breastfeed? Everything else!

- **You are someone new.** You do not feel like mama, or sound like her, or smell like her. Babies like that. They like the change of scene. Four walls and one mother can get boring sometimes!
- **Wear your baby. There are slings and cloth baby carriers that tie to your body.** You can take walks outside or in the house. See other people, or just look at the pictures on the walls. It is all interesting to a small baby. Read your favorite book to your baby. Share a bathtub, with a cup to pour warm water over the baby for warmth. Share your nights. Babies sleep best with their favorite people right next to them.
- **Calm your baby.** Hold your fussy baby's back on your chest. Drop your left arm over his left shoulder and hold his right thigh. Now move around, maybe with a little bounce. Most babies like this snug hold. It settles tummies, too. It's much more soothing for most than rocking in an infant seat.
- **Enjoy nappy time.** After a few weeks, most babies love nappy/diaper changes, and their family does too. No bad smells!
- **Breastfeeding and mama are a new baby's world.** But when his world starts to grow, you are The Other Safe Person.
- **Your job is to help breastfeeding.** The mother cannot do it without you. Keep mama fed and happy, and she will keep your baby fed and happy. Is she having trouble with breastfeeding? Turn to a phone, not a bottle. Some good numbers are: (insert local IBCLC and support group numbers here).

An IBCLC is an "International Board Certified Lactation Consultant": someone with special training to help breastfeeding families. To find one near you, visit www.ilca.org, and click the button for "Find a Lactation Consultant."