

Help From Friends and Family



New mothers need help and support in the early days of breastfeeding. Partners, husbands, grandparents, siblings and friends all can play a critical role in meeting the needs of a new mother. Everyone needs to be on the same “wave length” when offering help and suggestions. Be aware of differences in culture and changes in parenting philosophy from generation to generation.

How to Help

- Bring the baby to mom for feedings
- Change diapers
- Watch for feeding cues
- Burp the baby
- Hold the baby skin to skin
- Walk, rock, swing and cuddle the baby
- Take care of household duties
- Make sure mom has some help for the first 6 weeks or so
- Bathe the baby
- Take care of the other children
- Offer encouragement
- Be there!

What Has Changed

- More breastfeeding, limited infant formula
- Feed 8-12 times or more times each day when the baby shows feeding cues. No feeding schedules.
- Respond to the baby quickly. No “crying it out”
- Minimal pacifier use
- Less babysitting, bring baby along
- Continue breastfeeding while employed by using a breast pump at work