



Working Together Makes Breastfeeding Better

Tips for Fathers and Partners in
Newfoundland and Labrador

In Newfoundland and Labrador, 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!



Adapted with Permission from the Province of New Brunswick





Why is Breastfeeding Important?

It is the only food baby needs until they are six months old. Breast milk has everything babies need to grow and develop. Health Canada recommends breastfeeding up to two years and beyond.

For babies and children:

- 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:

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



What Can You Do?

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



- Respect the parents' decision to breastfeed.
- Help mom feel comfortable breastfeeding around you and others. You can support her by sitting and chatting with her while baby is feeding. Remember, it's a mother's right to breastfeed anywhere, anytime!
- Help boost parents' confidence with breastfeeding. In moments of doubt, offer your encouragement.
- Be sensitive. Listen to the parents' needs and concerns. Ask how you can help. Offer advice if asked.
- Offer help with daily chores such as cooking, cleaning, shopping, laundry, and looking after the other children.
- Be aware of breastfeeding supports in your community. A list of local support services can be found at babyfriendlynl.ca