

FATHER'S ROLE IN SUCCESSFUL BREAST FEEDING

Father's Role

- ❖ A lactating mother needs support from her husband and all her family members to be able to breast feed successfully.
- ❖ This support should be true and committed.
- ❖ A husband is the best person to support his wife while breastfeeding.
- ❖ A husband can help his wife in many practical ways and make her feel good about her decision to breastfeed by:
 - Letting her know that she is setting a good example for mothers in the community by exclusively breastfeeding her baby.
 - Learning himself about breastfeeding
 - Helping her with childcare, so that she can rest.
 - Spend some time with his baby to hold and cuddle him/her.



Remember

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- ❖ Mother is recuperating from the physical demands of pregnancy and childbirth and adjusting to hormonal changes in her body.
- ❖ The father should make every effort to take the initiative and help out with household responsibilities.
- ❖ He can help monitor the baby's progress and make sure the new mother eats well and rests.
- ❖ When a father nurtures his baby and becomes attuned to his needs during these early years, he will have a positive influence on his child's future growth and development and will create a strong family bond.



- Helping her by giving extra time and attention to his elder children.
- Making her partner feel good by praising her job as a mother.
- Telling her and his relatives that you want your wife to breastfeed, and that you know that mother's milk is the best food for your baby.

What a Father/Husband Should Avoid

- ❖ He should not doubt his wife's ability to provide enough milk for your baby.
- ❖ He should not feel embarrassed if she is feeding baby outside home.
- ❖ In case he smokes, he should not smoke in his baby's room.



Role of AWW

- ❖ The AWW can promote and create a positive family atmosphere toward breastfeeding by counseling her in-laws and husband.
- ❖ Counsel on the importance of breastfeeding, exclusive breast-feeding and impact of psycho-social factors on breast milk.
- ❖ Provide practical help to lactating mothers whenever necessary.
- ❖ Make the father realize his new responsibilities towards his partner and his child.