

The Breastfeeding Partner

How Dads and Other Special People Make a Difference!

Acknowledgement of Privilege and Bias

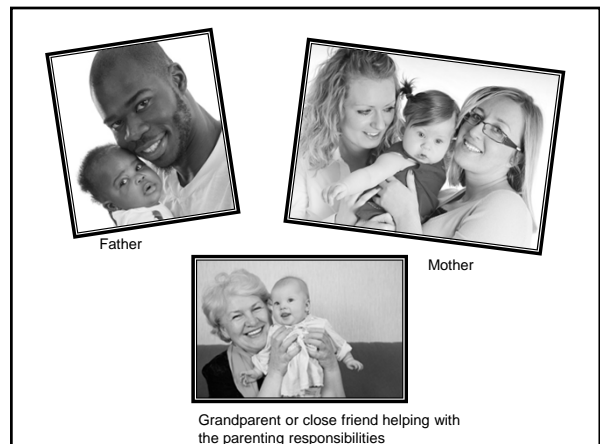
I have attempted to make this presentation as open and inclusive as possible, but acknowledge that I am and this presentation are “works in progress.” For example, most of my photos and all of my videos represent the breastfeeding partner as a white man even though not all breastfeeding partners are white and not all breastfeeding partners identify as men.

Acknowledgement of Privilege and Bias


I welcome feedback on any aspect of this presentation so I may do better in the future.

- ## Outline
-
- ☞ Who is the breastfeeding partner?
 - ☞ Why is the support of the breastfeeding partner important?
 - ☞ Addressing common concerns of the breastfeeding partner
 - ☞ Enjoying the benefits of breastfeeding
 - ☞ When there is no partner

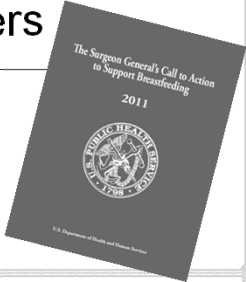
The Breastfeeding Partner Is...



The Partner's Support Matters



The Partner's Support Matters



The Partner's Support Matters

Partners can have a strong influence on whether mothers choose to breastfeed (HHS, 2011)


When fathers were given a 2-hour presentation on how to support breastfeeding, the mother was 1.8 times more likely to initiate breastfeeding. (Wolfberg et al., 2004)

The Partner's Support Matters

Partners can have a strong influence on the duration of breastfeeding (HHS, 2011)

When fathers were educated prenatally about overcoming common difficulties, mothers who experienced difficulties were nearly 5 times as likely to be breastfeeding at 6 months. (Pisacane et al., 2005)

Common Concerns of the Breastfeeding Partner



Common Concerns of the Breastfeeding Partner


- What will my role be in feeding my baby?
- Will I be able to bond with my baby if I am not directly involved with feeding?
- Will my baby's mother be able to complete household tasks if she breastfeeds?
(HHS, 2011)

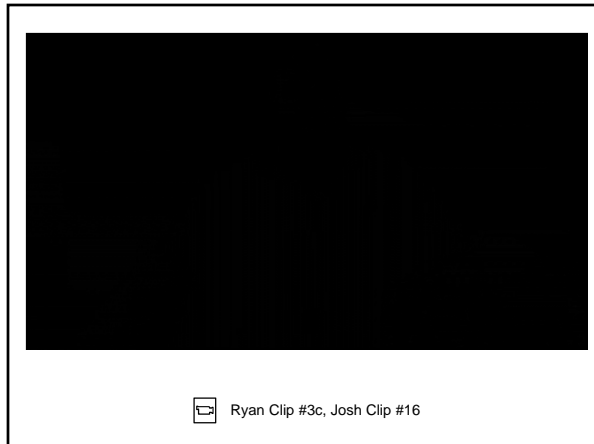
The Partner's Role in Breastfeeding

The Partner's Role in Breastfeeding

What are some ways you have experienced the support of the breastfeeding partner?

- ## The Partner's Role in Breastfeeding
- Offer Encouragement
 - Get Educated
 - Accept the Commitment
 - "Preserve, Protect, and Defend"
 - Assist with Breastfeeding
 - Nurture the Nurturer
 - Provide Practical Help
 - Document Breastfeeding

- ## Offer Encouragement
- Tell her he believes in her
 - Tell her she is doing an amazing job
 - Tell her she can do it!
- 



- ## Get Educated
- Attend a breastfeeding class as a couple
 - Know the resources....and be willing to use them

Get Educated

❧

❧ Attend a breastfeeding class as a couple

Get Educated

❧

❧ Attend a breastfeeding class as a couple














Get Educated


❧


❧ Know the resources















Get Educated

❧

❧ Know the resources....and be willing to use them



❧ Ryan Clip #1, Kevin Clip #7a

Accept the Commitment

in the early days

❧

- Time Commitment
- Emotional Commitment
- (and possibly also) Financial Commitment

Accept the Commitment in the early days



Accept the Commitment in the early days



Accept the Commitment in the early days



“To Preserve, Protect and Defend”

- ☞ Protect her against criticism
- ☞ Tell others how proud he is of her
- ☞ Act as a gatekeeper when she needs privacy



“To Preserve, Protect and Defend”

- ☞ Support nursing in public



Kevin Clip #9a, Kevin Clip #7b

Assist with Breastfeeding



- ☞ Create a nursing nook
- ☞ Be there to help
- ☞ Burp
- ☞ Wash breast pump parts
- ☞ Filling, assembling, and cleaning at-breast supplementers
- ☞ Be the left brain to her right brain


Assist with Breastfeeding



Create a nursing nook

- ☞ book
- ☞ remote
- ☞ phone
- ☞ pillows
- ☞ drink



 Ryan Clip #3b

Assist with Breastfeeding



Be there to help

☞ Watch for hunger cues



Assist with Breastfeeding



Be there to help

☞ If needed, pull down on baby's chin



Assist with Breastfeeding



Be there to help

☞ If needed, pull baby's hands away



Assist with Breastfeeding



Be there to help



☞ Massage plugged ducts

Assist with Breastfeeding



[Help baby suck video](#)

Assist with Breastfeeding



Burp



Assist with Breastfeeding



☞ Wash breast pump parts



Assist with Breastfeeding



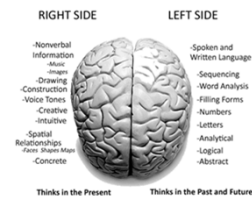
☞ Filling, assembling, and cleaning at-breast supplementers



Assist with Breastfeeding



Breastfeeding is a right-brained experience



But when things get complicated...
The partner may need to be the left to her right

Nurture the Nurturer



Nurture the Nurturer



- Anticipate basic needs
- Respect her needs regarding touch
- Recall her "5 favorite things"

Nurture the Nurturer



Anticipate her Needs



- ☞ Eating
- ☞ Sleeping/resting
- ☞ Taking a shower
- ☞ Exercising
- ☞ Leaving the house
- ☞ Being alone

Nurture the Nurturer



Respect her needs regarding touch.



Nurture the Nurturer



Recall her "Five Favorite Things"

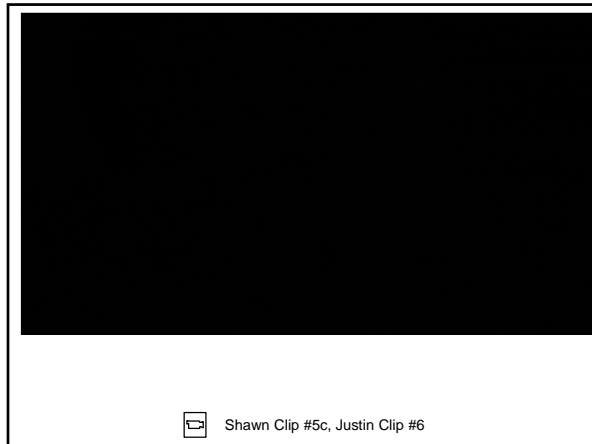


Practical Help



- ☞ Cooking
- ☞ Cleaning
- ☞ Diaper changing
- ☞ Bathing baby
- ☞ Care for older children





Practical Help

Or arranging for outside help

Document Breastfeeding

Mothers who end the breastfeeding relationship without any photos of them breastfeeding often regret it.

Lisa Mandel Photography

Common Concerns of the Breastfeeding Partner

- What will my role be in feeding my baby?
- Will I be able to bond with my baby if I am not directly involved with feeding?**
- Will my baby's mother be able to complete household tasks if she breastfeeds?

(HHS, 2011)

How the Breastfeeding Partner Attaches

Without feeding baby

Breastfeeding Helps Mothers to Connect with the Babies

Infant Massage



Skin-to-Skin



Play



How the Breastfeeding Partner Attaches



By helping to feed baby

In General



The best way start to breastfeeding is exclusive breastfeeding.

When Is Helping to Feed Baby *Helping*?

When mother is unable to breastfeed

- ☞ Illness or injury
- ☞ Severe nipple damage
- ☞ Emotional difficulties

When supplementation is necessary

When both parents are sharing the nursing relationship (co-nursing)

When Is Helping to Feed Baby *Helping*?

Using bottle-feeding techniques that support breastfeeding



When Is Helping to Feed Baby *Helping*?

Finger-feeding



When Is Helping to Feed Baby *Helping*?

Co-Nursing



Common Concerns of the Breastfeeding Partner

- ☞ What will my role be in feeding my baby?
- ☞ Will I be able to bond with my baby if I am not directly involved with feeding?
- ☞ **Will my baby's mother be able to complete household tasks if she breastfeeds?**

(HHS, 2011)

Breastfeeding and Household Tasks

Breastfeeding is not likely to impact mother's ability to do household chores




Breastfeeding is not likely to impact mother's ability to do household chores



Although being a mother may!

Not Breastfeeding Creates More Work



 Ryan clip #2b, Shawn clip #5b

Enjoy the Benefits!

Not Breastfeeding Makes The Partner's Life Harder

After The Early Days



Emotional



- Not breastfeeding increases risk for postpartum depression
- Mothers who don't breastfeed get less sleep (Kendall-Tackett et al., 2011)

Time



- After the first 5 weeks, breastfeeding takes less time than bottle-feeding (Mohrbacher & Kendall-Tackett, 2010)
- Not breastfeeding means more doctor visits and missed days of work
- Purchasing formula, preparing and cleaning bottles takes time



Financial



- Cost of formula and bottles for the first year: \$800-\$3200 (kellymom.com, accessed 2016)
- Increased medical costs for mother and baby when mother doesn't breastfeed
- More days of missed work when mother doesn't breastfeed



"Honey, Do Your Magic!"



Inviting the Partner In



Support for Partners

Support for Partners

☞ Talk with other partners about breastfeeding




Support for Partners



When There is No Partner

Or when the partner returns to work
Or when there are extra needs

Extra Support





Breastfeeding Partner	Postpartum Doula
<ul style="list-style-type: none"> ☞ May be new to new mother and infant care ☞ Emotionally involved ☞ Often sleep-deprived and exhausted 	<ul style="list-style-type: none"> ☞ Trained and experienced in new mother and infant care ☞ Not emotionally involved ☞ Not depleted

Postpartum Doula

May do many of the same things the breastfeeding partner does

- ☞ Change baby's diapers
- ☞ Help care for older children
- ☞ Do some housework and cooking
- ☞ Nurture the new mother

Postpartum Doula

May also draw on her training and experience to

- ☞ Show the new mother how to wear her baby
- ☞ Show the new mother how to bathe her baby
- ☞ Give her ideas for getting more sleep
- ☞ Listen to her birth story
- ☞ Give breastfeeding guidance
- ☞ Connect mother with other resources in the community


Postpartum Doula

And although postpartum doulas often attend mothers when the partner is away, the partner may also draw on her training and experience to

- ☞ Show the new partner how to wear their baby
- ☞ Show the new partner how to bathe their baby
- ☞ Give the partner ideas for getting more sleep
- ☞ Connect the partner with other resources in the community

In Conclusion

A successful breastfeeding experience supports the entire family, and partners really appreciate it!

 Kevin Clip #9b, Shawn Clip #5e, Ryan Clip #4

In Conclusion



Now for a little fun with the breastfeeding partner!

[Dad Labs Video](#)

Thank you!



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