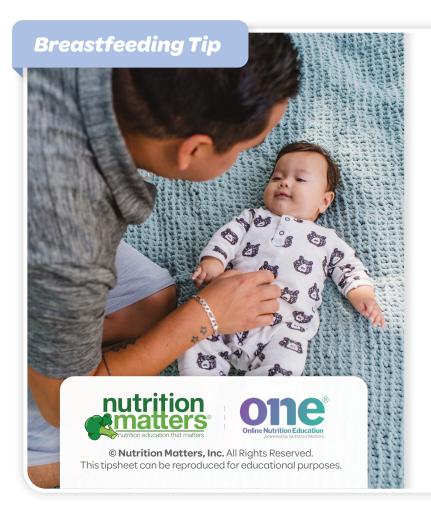


who can help you with breastfeeding?

During your first weeks at home with your new baby, a partner can:

- Care for your baby.
 Soothe, bathe, change diapers, dress and burp the baby.
- Play games and sing. Play peek-a-boo, make silly faces and sing songs.
- Talk and read. Your baby will love hearing different voices.
- Go to the first doctor appointments.
- Defend your choice to breastfeed.
 Not everyone will understand how breastfeeding works for you.

 Your partner can help explain.



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