

Breastfeeding Tip



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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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