



FEED
YOUR WAY

How to *support* your breastfeeding partner or co-parent

Breastfeeding is natural, but it doesn't always come easily. Breastfeeding can be demanding for your baby's mother – both physically and emotionally. You can help to make it a more comfortable and enjoyable experience.

For the difficult days, and for all the others, there is lots of free support available.



Why is it so *important* that you are involved in breastfeeding?

Breastfeeding is a decision that you and your partner or co-parent can make together.

If you do choose to breastfeed, you are one of the first people they will turn to for support. Without support, they are more likely to give up breastfeeding earlier than they had planned. Your help is important to help her achieve her breastfeeding goals.

There are lots of ways that you can help

Be *part* of the conversation

Breastfeeding can be exhausting and overwhelming. Sometimes when we feel this way, we find it difficult to retain new information – it happens to everyone. You will receive lots of advice about breastfeeding from different healthcare professionals – you should be part of all of those conversations. Don't be afraid to ask lots of questions! You can also help by making notes during appointments and doing extra research if needed.

Know when to get *support*

Your midwife and health visitor are available to support you and your partner or co-parent. If you have any concerns, please contact them for support. There are also lots of free local and national helplines that you can call for advice, day or night.

Give your partner a *break*

Your newborn baby will eat and sleep a lot in those first few months. There are lots of ways to spend precious time together and give your partner/ co-parent a break after feeding. You could wind baby between feeds, give them a bath before bed, or take them for a walk outside.

Take *parental leave*

Every parent is entitled to paid time away from work to be with their new child. Even if you do not live in the same house as your co-parent, you are still entitled to parental leave. Being available for emotional and practical support during the early days can really help get breastfeeding off to a good start. You can find out about your rights to parental leave on the UK Government website. Visit: www.gov.uk/paternity-pay-leave

Help keep the house *ship-shape*

We all know how tiring it can be to keep on top of the household chores. Many new parents at home with their new babies feel the pressure of juggling breastfeeding with keeping the house clean and tidy – especially when they might get lots of unexpected visitors popping by to see the baby! Are there ways you can help relieve this pressure? Could you arrange for a family member to do the shopping while you're at work? Or ask someone to pop by to do a couple of loads of washing? If you live separately to your baby and their other parent, could you book a grocery delivery or arrange a regular day to cook dinner?

Support with expressing

Lots of people choose to start expressing when they return to work, or if they live separately from their baby's other parent. Expressing involves manually removing milk from the breast (some people use a machine, and other people express by hand). For many parents, expressing allows them to continue giving breastmilk to their baby for longer. If your partner is expressing, you could feed your baby the expressed milk using a bottle.

Enjoy some skin-to-skin time

Sometimes young babies can get frustrated when trying to feed. kin-to-skin contact with you can help to clam them down. If feeding parent and baby are having a challenging feed, try taking baby for some quiet cuddle time with you. Feeling warm skin next to theirs will help to calm them. You might find that they will latch better next time around.



For more information and useful support visit: [feedyourway.co.uk](https://www.feedyourway.co.uk)



Making Nottingham a **breastfeeding-friendly** city.



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