Fathers Can Support Breastfeeding in Many Ways

Adapted from original materials developed by Center for Male and Family Research and Resources, Morgan State University, Baltimore, Maryland. This project was funded by USDA/FNS Cooperative Agreement #59-3198-040

Other pamphlets in this series are:

- Video Discussion Guide
- Breastfeeding Your Baby—Making the Decision Together

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA’s TARGET Center at 202-720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

U.S. Department of Agriculture
Food and Nutrition Service
Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
October 2002

FNS 356
How Can Fathers Be a Part of the Breastfeeding Team?

Here are some suggestions:

• Help around the house. If there are other children, take care of them so mom can get some rest.

• Take your baby to mom for breastfeeding. If mom needs something while she’s breastfeeding, offer to get it for her.

• Do things that will make mom feel good about herself:
  • Praise her for breastfeeding
  • Do something special for her
  • Be proud!

Why Should Fathers Encourage Breastfeeding?

• Research shows that breastfed babies have fewer colds and ear infections.

• The nutrients in breastmilk help build the baby’s brain and immune system.

• Breastmilk is always the right temperature and ready to serve.

• Breastfeeding builds a close bond between mother, father and baby.