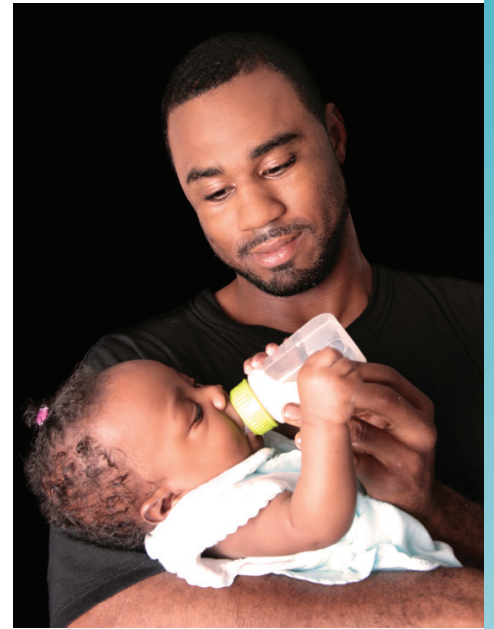


Don't Forget about Daddy!

Worried that your husband will be left out of the loop if you choose to nurse? Don't be. There are plenty of ways he can pitch in and get some quality bonding time of his own with your new arrival.

- First of all, make sure that he's onboard with your decision to breastfeed before your child is even born. Studies show that a major factor in the success of a mother and child's nursing experience is support and encouragement from your spouse or partner.
 - As the saying goes: "Hope for the best. Prepare for the worst." Get him involved in researching and talking about what breastfeeding will involve, so you can make the most of this natural experience and help him prepare for any surprises or challenges that may arise.
 - During the first few weeks, it is crucial that you and your baby get your breastfeeding patterns established. This is the time when you need your husband's support and encouragement the most, especially if you hit some rough patches and are tempted to give up. This is the time when he needs to fight any jealous, competitive or other counterproductive feelings he might have.
 - Get him directly involved in other household, baby care and feeding-related tasks. Just be careful to not make him feel like he's getting stuck with all the grunt work.
 - Allow him to connect, hold and bond with your newborn in other ways by giving him opportunities to hold and bond with your infant, like playing with and bathing the baby or preparing for bedtime. This way, your child will learn that, although mommy has the food, daddy also offers benefits.
- Although it's not really necessary for your partner to feed the baby in order to bond, he may really yearn to have this experience. Once you and your baby have established a solid breastfeeding pattern, you may want to consider expressing some milk so he can feed the baby with a bottle occasionally. This will also give you a welcome break, especially if you are having any physical discomfort from breastfeeding.
 - Dad's bonding and playtime with your baby can also help a lot with weaning, as it will help your child learn that there is more to their world than your breast.
 - If you go back to work or have other reasons why you cannot be "on call" 24-7 for feedings, you will likely need to pump and store your breast milk and get him more actively involved in storage and feedings.



If your husband or partner needs some extra incentive to be supportive, don't forget to remind him how much money you are saving by producing your own milk—both on formula and supplies—and how much easier it is than lugging baby bottles with you wherever you go.

Baby Product Experts specialty stores provide safe, high-quality products and expert advice.