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## BE *their* CHAMPION.

**You know them** better than anyone else. You may be the first to notice signs of postpartum depression. Don't ignore it. Talk about it. Offer to make an appointment with a health care provider and follow up to make sure mom has the support she needs.

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**Make time for mom.** Babies demand a lot of attention, but arranging for an evening out or just a quiet baby-free moment or two with mom can rejuvenate both of you and be just what the doctor ordered.

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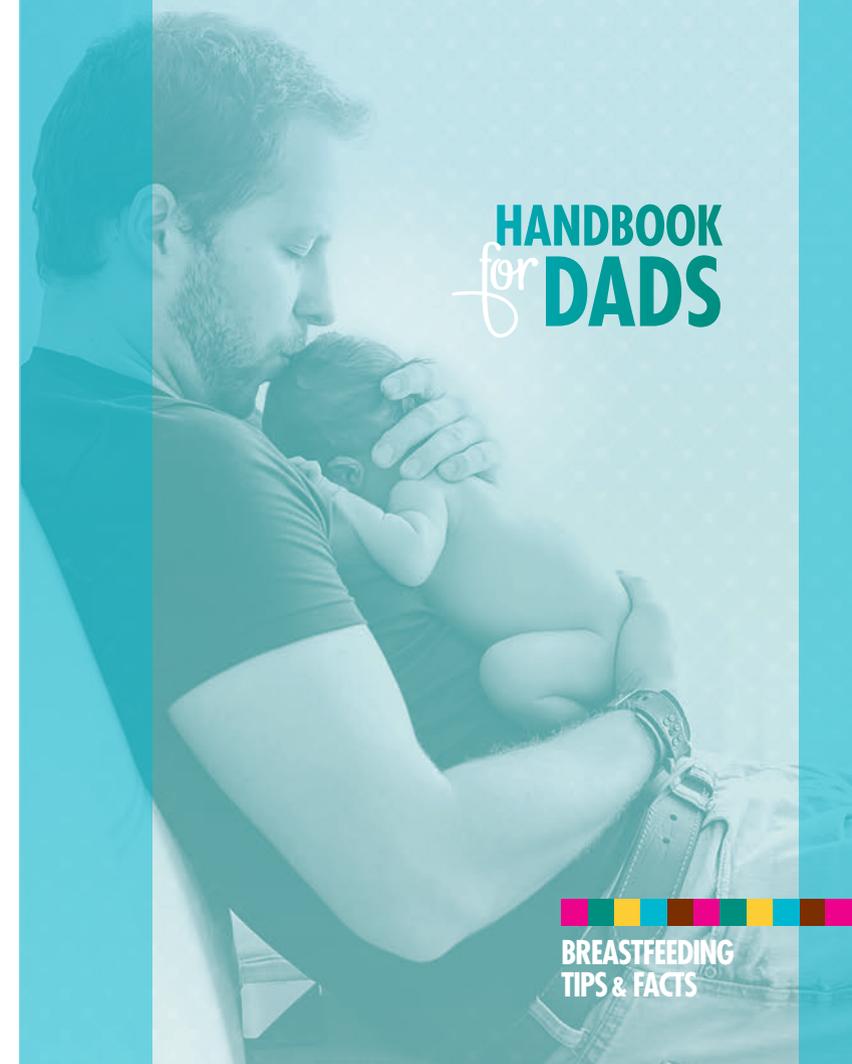
**Naturally you want the best.** Breastmilk is best for your baby and the benefits of breastfeeding extend well beyond basic nutrition. It takes teamwork. You play a critical role in making breastfeeding a successful part of your new family's life together. Knowledge is one of your most powerful tools. For more information, visit [HealthySD.gov/Breastfeeding](http://HealthySD.gov/Breastfeeding) and [SDWIC.org](http://SDWIC.org)



GOOD FOR BABY.  
GOOD FOR MOM.



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## HANDBOOK *for* DADS



BREASTFEEDING  
TIPS & FACTS

## BREASTFED *Babies* ARE HEALTHIER.

- Better brain development
- Reduced risk of SIDS
- Fewer illnesses and hospitalizations
- Less diarrhea and constipation
- Fewer ear, respiratory, and urinary tract infections
- Fewer allergies
- Reduced risk of childhood and adult obesity

### FACT:

Breastfeeding passes on powerful antibodies to babies, which help protect their immune systems from disease.

### FACT:

Breast milk is the perfect way for nutrients to be delivered to your baby.

### FACT:

Doctors recommend breastfeeding for at least 12 months.

**BOTTOM LINE** – the longer your baby is breastfed, the more health benefits they receive.

## Moms GET HEALTH BENEFITS TOO!

- Breastfeeding helps with weight loss
- Reduces risk for diabetes, breast and ovarian cancers
- Lowers rates of postpartum depression
- Improves bone density
- Breastfeeding allows mom to feed baby on demand
- Creates an important bond between mom and baby
- Saves money – thanks to Mother Nature it's free!

Breastfeeding can be a little intimidating for first time mothers. It can take some time to learn. Newborns have tiny bellies and will need to nurse often. Be patient and be supportive.

## Happier, healthier moms and babies = HAPPIER DADS!

### CHECK IN. ASK QUESTIONS.

Talk with friends, family, your health care provider, or support groups so you know what to expect. Talk with mom and find out what will make her feel comfortable – and keep checking in – because as mom gets used to nursing and baby grows, the routine may change. A simple “how are you doing?” will go a long way.

## HOW you CAN HELP.



Breastfeeding can make mom **very hungry** and **very thirsty**. Bring her a glass of water and a small snack while she is nursing. You will be her hero every time!



Create a **comfortable** environment. Who needs a pillow or a blanket? Should the lights be dimmed? Curtains opened to let the sun shine in? Room temperature adjusted? Quiet music on? Are the older children occupied?



**Teamwork!** Go the extra mile. Bring baby to mom for that midnight feeding. Change diapers. Wash the breast pump. Do the dishes. Your **five or ten minute** household chores will make a big difference!



Bond with baby. You can't breastfeed but you can hold your baby **skin to skin**. It helps baby relax. You can sing, talk or read to your baby, give baths, rock, cuddle, and burp baby after feedings.

## SHOW YOUR support IN PUBLIC.

If you sense other people are uncomfortable, smile and relax. Your confidence in your partner will go a long way toward alleviating tension.

Women have the right to breastfeed in any public place in South Dakota and employers are required by federal law to provide hourly employees reasonable break time to express breast milk for their child for one year.

### RELAX. YOU'VE GOT THIS.

Skin to skin is important for dads and baby too. Chill time is great for everyone.

