

How Dads Can Play an Important Role in Breastfeeding and a Giveaway

Description

Happy Fatherâ€™s Day to all of you awesome dads out there! These two girls make me a happy father/husband every day!



Yep, Iâ€™m one proud and lucky guy, and Iâ€™m elated to be celebrating this day for the first time! Avery also turns 7 months old today; sheâ€™s past the half year mark!

I finally get to find out what my wife has been keeping me from in our front room for the past month. Donâ€™t worry, Iâ€™ll tell you soon.

Besides having two beautiful girls in my life, Iâ€™m proud of the fact that Going Mom chooses to only breastfeed Avery and will never consider formula. I understand some situations where itâ€™s not possible, but just giving up isnâ€™t a good reason or fair to babies.

No doubt, breastfeeding, from what Iâ€™ve seen and heard, is no walk in the park and has many hurdles to get past, but itâ€™s not impossible. Going Mom is one of many mothers who deal with the #boobissues on a daily basis, and I do my best to support her however I can.

In honor of Fatherâ€™s Day, [Medela](#) shared with me that they have collaborated with [Kuroji Patrick](#), one of Medelaâ€™s 2013 Breastfeeding Hall of Excellence inductees, to create a list of tips for dads to get and stay involved with the breastfeeding journey.

We take pride in raising our daughter with the best nutrition from Mother Nature, and I hope this list will help dads support their partners and be an advocate for breastfeeding.

Daddies and Breastfeeding: Ways to Stay Involved *Before the Baby Comes*

1. Be supportive of your partnerâ€™s decision to breastfeed by understanding the [benefits of breastmilk](#).

2. Help your partner [find information](#) on what breastpump your insurance will cover. The Affordable Care Act requires insurance companies to provide equipment and support with no co-pay, but the actual pump provided will vary from company to company.
3. Join your partner in preparing for the experience of breastfeeding by taking a [course](#) that will provide you both with the information youâ€™ll need to know.
4. Seek out other fathers who have supported their partners while Breastfeeding to gain real world advice.

At the Hospital

1. At the hospital, be an advocate for your partner. Make sure the staff knows that she wants to breastfeed and that formula should not be given to the baby without consent.
2. Find the lactation consultant if mom is struggling. Many hospitals have one on staff, and early intervention and support from a professional is crucial, particularly for first-time moms.
3. Ask the hospital staff about local breastfeeding support groups for after your family goes home. Peer encouragement is helpful, and itâ€™s an excuse for mom and baby to get out of the house.

At Home

1. In addition to making sure your partner has what she needs while she heals from childbirth, you can help the breastfeeding transition to home by making sure she is comfortable while nursingâ€”by bringing her pillows, foot rest, water, etc.
2. It doesnâ€™t sound glamorous, but diaper changes are a great way for you to get involved in baby care. In addition to giving your partner a break, itâ€™s a chance for you and your baby to start practicing conversation skills by making eye contact, cooing noises and engaging your baby with changing facial expressions.
3. If your partner starts pumping, youâ€™ll have a chance to bond with your baby over a bottle and give your partner a break. You can further help your partner by [washing and sterilizing pump parts and bottles](#).
4. Be your partnerâ€™s biggest cheerleader. Breastfeeding can be frustrating and difficult in the beginning, but you can provide moral support by acknowledging the difficulty of nursing and offering to find a professional to help, such as [lactation consultant](#) (which should be covered by your insurance). And remind your partner of why she wanted to breastfeed in the first place!

I have been utilizing tips like these since Averyâ€™s birth and know I have a stronger bond with my daughter and wife as a result. The benefits of breastfeeding are powerful and Iâ€™d hope any parent would want only the best for their children.

Medela's online education course, [Breastfeeding University](#), costs a reasonable \$25 and offers you priceless information, but they have agreed to allow me to offer 3 readers free access codes to the course! This would be perfect for the expecting couple to complete together or any couple looking to add to their breastfeeding knowledge database.

All you have to do **to enter is leave a comment below** telling me about your experience or plans with breastfeeding. I will randomly select 3 commenters to receive access codes to use to take the course for free. **Contest ends next Friday, June 20th.**

This giveaway has ended, but don't worry, I'll have plenty of other opportunities to win great prizes in the future!

Thanks to everyone who read and commented on this post, it's something I am deeply passionate about. The three winners are Maggie, Ashley, and Stacy. Congrats and I have sent an e-mail for your code!

Hope everyone has a great day! Treat the dad in your life extra nice today! ðŸ™,

Disclosure: I was not compensated in any way for this post and all views are strictly my own.

Date Created
2014/06/15

default watermark