For Partners/Support People Only

Ten Steps to Support Breastfeeding and Bond with Baby

1. Provide ongoing support to the breast/chest feeding parent
2. Act as a buffer between the breast/chest feeding parent and relatives or friends who may disapprove of breast/chest feeding
3. Play an active role in making decisions about baby’s health care
4. Hold your baby face to face; talk to them and touch them
5. Take your baby for walks in a stroller or infant carrier (wrap or sling)
6. Burp, diaper and play with your baby as much as possible
7. Learn to put your baby to sleep by letting them fall asleep on your shoulder or chest (Your warm chest and the sound of your heart beat is a place of comfort and rest too.)
8. When your baby is fussy, walk, rock or sing to your baby
9. When the breast/chest feeding parent is tired, encourage them to rest and bring baby to them when the baby wakes.
10. Give the breast/chest feeding parent a break by taking care of baby in between feedings.