

Breast for Success is all about fathers!



DADS2U

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- Breastfeeding makes mom and dad feel good.
- You can help your baby and yourself with skin-to-skin holding.
- Breastfeeding is powerful— it benefits mom, dad and baby.

- Breastfeeding can work for a busy life.
- Good latch feels good— pain is NOT part of breastfeeding.
- To make more milk: help mom *feed often and empty the breast* as much as possible.



- **You are needed** for breastfeeding— fathers make breastfeeding *so much* easier.
- How can we work this out together to help our baby?
- Bring the baby to her and help with latch; give her a massage; share the joy/share the work.