

Module 2B- How we can work this out together

What I learn:

- Ways to talk with my partner about whether breastfeeding is right for our baby
- Ways to meet each other in the middle for big decisions like feeding the baby (talking, explaining and listening so both partners can share ideas)
- How to include the baby's needs in decision making (becoming a family)

Some questions for me to think about and talk about later:

What is my biggest hope for our new baby?

Why choose to breastfeed/ why choose not to breastfeed?

What would be good/ what would be bad about breastfeeding for my partner? For me?

What would be best for our baby?

Do we agree or do we disagree?

What do we agree about?

If we disagree, how can we come together?

by education (more knowledge for one or both of us),

by compromise (both give up a bit to meet somewhere new),

by changes of opinion by one or both partners?

So, why would you or would you not breastfeed?

What would be best for the baby and how does this fit into my/our decision?

Am I ready to make a decision, or do I/we need:

more information (ask your CHW) or

more compromise (each partner gives up a bit toward the other's view point)?