



## How can I help Mom and Baby?

1. Let mom know you feel proud that she is doing what is best for your baby.
2. Tell mom she is doing a good job.
3. Read about breastfeeding and go with mom to WIC appointments.
4. Put the baby skin-to-skin on your bare chest to help soothe your baby.
5. Hold and cuddle your baby.
6. Change diapers. Diapers of breastfed babies don't smell bad!
7. Give your baby a bath.
8. Bring your baby to mom to nurse. You can help with night feedings.
9. Talk, read and sing to your baby.
10. Care for the other children, help with cooking, cleaning, etc.

## Pennsylvania WIC Program WIC helps YOU help your FAMILY

The WIC Program is a health and nutrition program for women, infants and children under age 5 with low to moderate income. Many working families qualify.

## Healthy Food Good Nutrition Genuine Caring

WIC is something good you can do for your family now that will last a lifetime.

1-800-WIC-WINS

[www.health.pa.gov](http://www.health.pa.gov)

[www.pawic.com](http://www.pawic.com)



## Questions?

Call the Health Baby Line

1-800-986-BABY (2229)

TTY 1-800977-232-7640

Visit

[www.health.pa.gov/breastfeeding](http://www.health.pa.gov/breastfeeding)  
for more information.

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**pennsylvania**  
DEPARTMENT OF HEALTH

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# Hey Dad!

Here's your  
chance to give  
your baby  
the best start  
in life.

**Encourage Mom  
to Breastfeed.**



**Mother's Milk for  
Daddy's Baby...  
the Best Choice!**

## **MOTHER'S MILK:** **Good for Baby**

- Stimulates brain growth. Helps IQ reach full potential.
- Lowers risk of allergies, asthma and infection. Fewer visits to doctor.
- Lowers risk of obesity.

## **BREASTFEEDING:** **Good for Dad**

- Saves money. Formula from WIC runs out before the end of the month. Mother's milk is free.
- No bottles to wash or formula to prepare. Dad can spend extra time with his baby!

## **BREASTFEEDING:** **Good for Mom**

- Helps mom lose pregnancy weight.
- Helps mom bond with the baby.
- Reduces the risk of breast cancer and ovarian cancer.

***You don't get these benefits from formula!***

## **Helping with Feedings:**

- Let mom nurse the baby without any bottles for the first 2-4 weeks so she can make plenty of milk.
- Ask WIC how to get a breast pump. Help mom learn how to use it.
- You can feed mother's milk to your baby in a cup or bottle.



## **Feeding in Public:**

- Help her find a private area.
- Mom can put a blanket over the baby while nursing.
- Cup or bottle feed milk that mom pumped.



## **What about Sex:**

Having a baby changes your sex life no matter how the baby is fed. Both of you will need to adjust to this big change in your home. You will need to plan for time alone with each other. Taking care of a newborn is tiring for mom. The first 6 weeks after delivery her body needs to heal from birth. Breastfeeding does not change a woman's sex drive. Take it easy...her breasts may be tender Be patient.



***Thank you Dad for helping Mom!***

