**A Partner’s Guide to Breastfeeding Support**

You may be wondering what you can do to support your partner if they decide to breastfeed. You can think of you and your breastfeeding partner as a team—you both have an important role to play. Every breastfeeding parent has different needs and their needs might change day-to-day. If your partner decides not to breastfeed or to stop early, your support remains very important.

Talk with your breastfeeding partner often so you can know how they’re feeling and what you can do to help them. Positive support from partners helps the breastfeeding parent feel good and helps them meet their feeding goals.

**CORE Support for Partners**

- **Communicate** openly about how you’re both feeling. Talk about specific things (tasks or emotional support) that you can do to help. Check in from time to time to see if your breastfeeding partner’s needs have changed.

- **Encourage** your breastfeeding partner and help build their confidence by telling them what they’re doing well. Let your breastfeeding partner know you support their feeding decisions.

- **Observe** how your breastfeeding partner is doing so you can anticipate what they might need for support in the moment.

- **Respond** to your breastfeeding partner’s needs. Step in if they say they need help and step back when they have everything under control. Stay close when they may still need you.

**This mom explains how her partner provided support that responded to her needs:**

“My partner would place a snack pack next to my breastfeeding chair with apples, muffins, and bottled water so when I got up to feed in the middle of the night they were already there.”

**This father talks about his experience:**

“When I went back to work after our baby was born, as soon as I got home each day, I’d start doing the cooking and washing. I worked really hard. One day my wife said, ‘[…] what I really need is for you to take the baby for a half an hour so I can look after myself.’ I’d thought I was doing what she wanted. I should have asked her.”

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With time and practice you, your breastfeeding partner and baby will become more comfortable with breastfeeding.

Accepting help from your family and friends and connecting with other breastfeeding parents can help you feel better and more supported.

**Check out the resources below for more information:**

Healthy Parents, Healthy Children [healthyparentshealthychildren.ca](http://healthyparentshealthychildren.ca)

Call Health Link at **811** for breastfeeding, infant feeding and mental health advice and local resources