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.

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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Check out the resources below for more information:

Healthy Parents, Healthy Children healthyparentshealthychildren.ca

Dad Central 24-Hr Cribside Assistance – A Manual for New Dads newdadmanual.ca

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

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