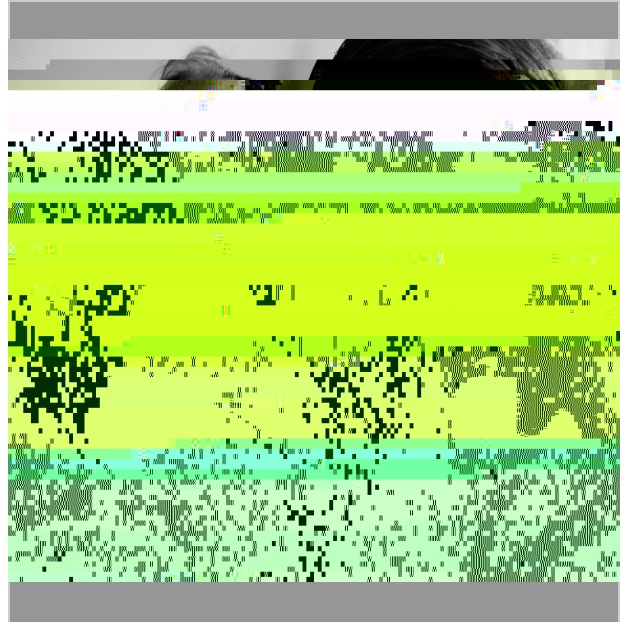


Supporting Breastfeeding For Fathers

The Facts on Breastfeeding

- **B**reastfeeding enhances infant development.
- Breastfed babies are generally healthier than formula-fed babies.
 - Have fewer colds and ear infections.
 - Have a lower chance of being obese, developing asthma, allergies and certain cancers.
- It can save you money -reduced medical bills and formula costs.
- Breastfeeding helps a mom lose weight and reduces her risk for breast and ovarian cancer later in life.



Fathers are an Important Part of the Breastfeeding Team

- **T**
- The first few days of breastfeeding can be challenging. Learn about the basics of breastfeeding so you can help. Support her efforts to breastfeed by helping her get breastfeeding help if she needs it.
- Help around the house. If there are other children, help take care of them.
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Department of Community & Preventive Medicine Breastfeeding Team

Adapted from: American Academy of Pediatrics <healthychildren.org>

African American Breastfeeding Alliance <www.aabaonline.com>

USDA <<http://www.fns.usda.gov/wic/fathers/MakingtheDecision-brochure.pdf>>

<http://www.nal.usda.gov/wicworks/Learning_Center/support_bond.html>