

HOW can FAMILY HELP?

Learning to care for a new baby is a beautiful experience, but it can be exhausting. New mothers need help and support in the early days so she can get to know her new baby's cues and get the hang of breastfeeding. Partners, friends, grandparents, aunt and uncles play a very important role.

Ways in which family can help:

- Bring the baby to mom for feedings.
- Avoid giving the baby pacifiers. If the baby wants to suck, it generally means that they're hungry.
- Burp the baby after feedings.
- Hold the baby skin to skin.
- Change diapers.
- Help with the older children.
- Help with the housework.
- Limit visitors in the hospital as well as at home. This will allow mom to respond to the baby when they demonstrate feeding cues.
- Snuggle the baby while mom gets some sleep. Babies love skin to skin contact with dad too.
- Give mom lots of encouragement.
- Advocate for breastfeeding. Do not suggest formula or bottles if mom is having a hard time breastfeeding. See a lactation consultant first.
- Wash the pump kit if mom is pumping.
- Ask friends to bring meals and snacks after the new family is home.
- Be patient about giving the baby their first bottle. It is best to wait at least three weeks to a month, which allows them time to master breastfeeding before learning how to eat from a bottle as well.