



Top 10 Tips for Working as Co-Parents and Breastfeeding



- #1 - Decide together how long you plan to exclusively breastfeed.
- #2 - Decide on how household and childcare tasks will be divided. Make sure both of you think the plan is fair.
- #3 - Offer each other breastfeeding support. This includes giving emotional support, helping each other with chores, reminding one another of how important the decision you made to breastfeed is, providing each other with breastfeeding information, and problem solving together.
- #4 - Ensure both of you are involved with caring for your breastfed baby. Mothers get to bond while breastfeeding. Co-Parents also need time to care for their babies so they can learn how to comfort and calm their babies without feeding.
- #5 - Communicate often about breastfeeding. Let your co-parent know if you have issues or concerns, then problem solve together.
- #6 - Breastfeed often, at least 8 times in 24 hours and ensure that Mother is comfortable while breastfeeding.
- #7 - Monitor your baby's output and energy so that you are confident he/she is getting enough breast milk.
- #8 - Reading your baby's cues is the best way to know when he/she wants to feed.
- #9 - Get help with breastfeeding if you are concerned your baby is not getting enough or if mom is not comfortable while feeding. Know where to get help in your community.
- #10 - Treat your co-parent with admiration and fondness and build on each other's strengths.

(Print this sheet and put it up in your home)

Need help? Visit the website at <http://breastfeedinginfoforparents.ca/>