

What can Dad do?

Make sure Mom sees a health provider early in pregnancy.

Give Mom healthy foods to eat.

Attend a birthing class.

Help with household chores so Mom and baby can get the rest they need.

Bring the baby to Mom to breastfeed often.

Don't smoke around your baby — or any baby.

Spend time with your baby and his mom.

In accordance with Federal Law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 1400 Independence Ave SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Utah Health Department WIC Program - 2004

©2004 Texas Department of Health. All rights reserved.

Utah Rev 10/04

Dad

Your love and support
make for a healthy,
happy family.

Here's how to:

- Help Mom through pregnancy.**
- Bond with your newborn.**
- Support breastfeeding.**

Why Dads Support | Breastfeeding . .

With Your Baby



Saves money



- * saves on formula, bottles, utilities and medical bills
- * reduces sick days used by working moms

The healthy, natural way to feed a baby

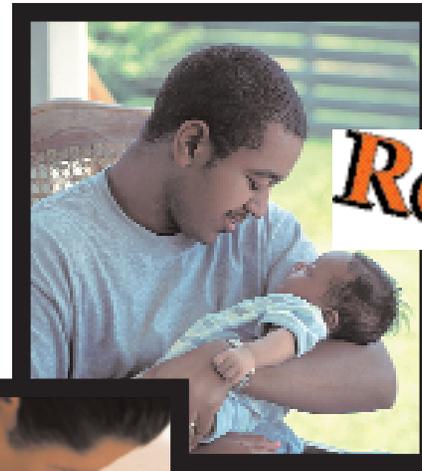


- * Breastmilk is all the food your baby needs for the first 6 months of life.
- * Breastmilk changes to meet your baby's nutrition needs as he grows and develops.

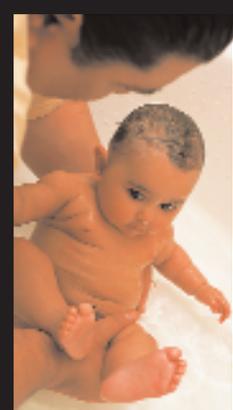
Protects baby against illness



- * contains antibodies to help protect against infection and disease
- * lowers the risk of illness such as diabetes and leukemia



Rock



Bathe



**Diaper
Feed**



After four weeks of breastfeeding, Mom can pump her milk and you can feed it to your baby in a bottle.



Burp



Bonding . . .



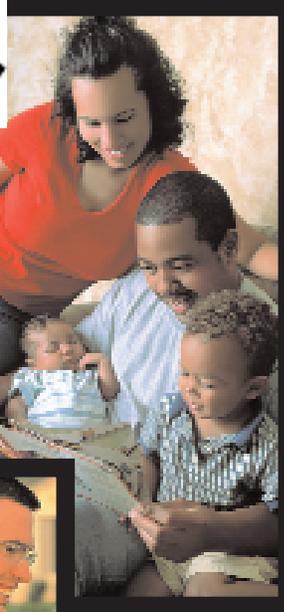
Sit



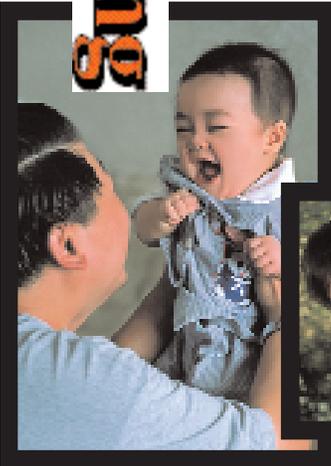
Talk



Read



Sing



Walk



| Get the

. . . Facts!

Helps with brain growth



- * improves vision
- * may increase IQ

Helps mom's body recover

mom

- * helps shrink mom's uterus
- * helps prevent hemorrhaging
- * helps with weight loss
- * may reduce mom's risk for breast cancer, ovarian cancer and osteoporosis later in life



"My husband was my strongest support those first few weeks. He made breastfeeding and caring for our new baby much easier."

Protects the environment



- * creates no trash
- * uses no fuel or energy
- * is always readily available

How to Help During Pregnancy, Labor and Delivery

Make sure Mom eats a
healthy diet.

Discuss breastfeeding. Mother's milk is the best food for your baby.



Attend birthing, breastfeeding and parenting **classes** with Mom.

Protect your family from secondhand smoke.
Don't smoke near them.

Mom should see a **doctor** as soon as she thinks she's pregnant.

Be supportive.

Mom may be tired, sleepy, or nauseated. Help her with housework.

For help with breastfeeding, call a WIC breastfeeding counselor at your local clinic or hospital.
Or call _____

| When Mom Comes Home from the Hospital

Help or find help with cooking, cleaning, laundry, chores.

Take baby to mom when baby:
* turns head searching for breast.
* makes smacking sounds.
* sucks hand.

Give **no bottles** or pacifiers.

Limit visitors and visiting times.

Prepare healthy **meals** for Mom.

Give Mom a **massage** to help her relax.

Tell Mom you are **proud** of her.

