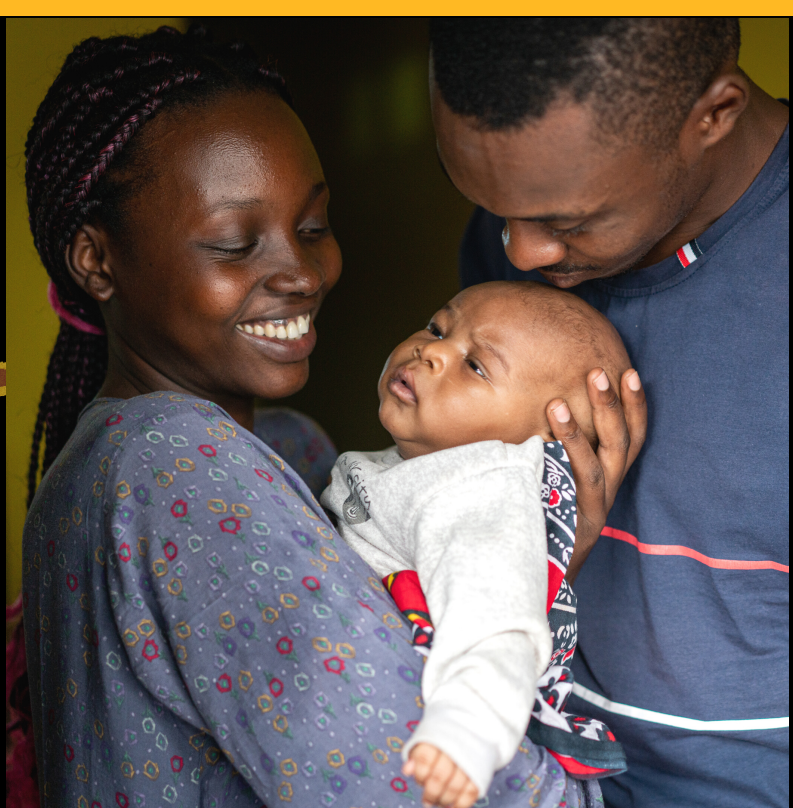


A Dad's Guide to LACTATION

DADS MAKE A DIFFERENCE!



WHAT ARE THE BENEFITS?

- Human milk is rich in nutrients, enzymes, growth factors, and antibodies to protect your baby.
- It helps digestion. It may lower baby's risk of ear infections, asthma, diarrhea, vomiting, childhood obesity, and more.
- Breast/chestfeeding also saves time and money. Less need to buy costly formula and it may reduce health care costs.
- Also, the milk is ready to go whenever your baby is hungry. That means, day or night, there is no formula.



WAYS TO PARTICIPATE IN LACTATION & SUPPORT YOUR PARTNER

- **Be Prepared:** Prepare for lactation by reading about it and learning all you can.
- **Be Available:** When your partner is feeding baby, be an extra pair of hands – offer to bring a glass of water or another pillow if one is needed. For night feeds, you can bring your baby to your partner in bed.
- **Be Patient:** if your partner doesn't feel like being intimate with you, they might feel all 'touched out' if they are feeding, carrying and settling a baby many times a day.

SIGNS YOUR BABY IS HUNGRY.

- Fists moving to mouth.
- Head turning to look for the nipple.
- Becoming more alert and active.
- Sucking on hands or lip smacking.
- Opening and closing mouth.

Many parents think crying is the only sign that their baby is hungry. But, it's actually a sign of distress. Hungry babies will show signs of hunger before they begin to cry. Responding early to your baby's hunger signs may help prevent them from crying. Once baby is crying, it can be harder to latch



HOW MUCH MILK DOES MY BABY NEED?

It doesn't take much to fill up your baby. At birth, your baby's tummy is no bigger than a toy marble (about 1-2 teaspoons). By day 10, your baby's stomach grows to the size of a ping-pong ball (about 2 ounces).

How much milk your baby needs will go up and down as baby grows, and your partner's body will adjust to those changes. During a growth spurt, your baby might want to nurse more often or for longer. Your partner may need a little extra encouragement during this time.

LACTATION IN PUBLIC IS PROTECTED BY LAW

Lactation in public is 100% okay. Babies should eat whenever they get hungry, no matter where they may be. Both New Mexico state and federal law recognize that nursing is good for parents, baby, and society. Parents can legally nurse in public in every state, including NM!



New Mexico
Breastfeeding Task Force

Read More at:
WWW.BREASTFEEDINGNM.ORG