



amaltheia

BABY-FRIENDLY COMMUNITIES | BREASTFEEDING

BABY-FRIENDLY COMMUNITIES FOR THE PROMOTION OF BREASTFEEDING

THE ROLE OF THE FATHER, THE FAMILY AND THE COMMUNITY

The family and the community play a key role in supporting the breastfeeding mother and in promoting breastfeeding

Successful breastfeeding is a responsibility of the **society**, the **health structures** and the **family** that effectively support the breastfeeding mother.

Family

- Support of the breastfeeding mother's choice
- Taking care of the daily needs of the breastfeeding mother's family, so that the balance is not disturbed

Primary Health structures

- Knowledge and implementation of good practices
- Ongoing information and training
- Support of breastfeeding and of the questions that arise at each nursing visit

Mothers' support groups

- Empowerment by breastfeeding mothers or mothers with recent breastfeeding experience
- Sharing of the experiential experience of breastfeeding

Breastfeeding counseling

- Providing expert answers from healthcare professionals with a special interest in breastfeeding, who are readily available

«Breastfeeding Helpline»

☎ 10525

Find your new role as a dad...

Your baby needs to feel you close to them

- Your relationship is unique and can be built slowly
- Listen and trust your new feelings
- Spend time with your baby
- The close relationship of the mother with the baby can make you feel that there is no place for you, neither as a partner nor as a parent. It's a common feeling for most dads, and it's important to recognize it and share it with other dads, friends, health professionals, family, and even with your partner



*"Trust in your
new role and
share your new
feelings"*



*"Breastfeeding
is a challenge
in your new role
as parents"*

If you are the dad...

- it is important to know that breast milk is the ideal food for your baby, while it strengthens them physically and emotionally
- your role is decisive for your partner's choice to breastfeed, as well as for the duration of exclusive breastfeeding

If you are the mom...

- give your partner a role
- talk to him about your anxieties, your difficulties
- share your feelings
- ask him for specific help
- trust him as your baby's parent and caregiver

As a dad how can I support breastfeeding:

*"Be a fellow traveler
on this journey, however
long it may take"*

1. Get informed about the value of breastfeeding, its benefits and its difficulties
2. Make sure the breastfeeding mother's environment is supportive and friendly
3. Support your partner in her choice to breastfeed or not to breastfeed exclusively. It is important to know that the first month after birth may have difficulties
4. Make sure your partner finds time to rest. You can bring the baby next to her for night feedings, take care of the baby in order her to find time to sleep or to have time for herself
5. Support her when she is breastfeeding outside the home (emotionally and with solutions to practical difficulties)
6. Take the initiative to ask for help from a health professional when you feel she needs it. Make the connection



The Breastfeeding Support Network is effective if it:

- Establishes a relationship of trust
- Provides valid information, encouragement, support and practical help
- Ensures stability and timelessness of action
- Information is important to precede the request
- Network contact information must be available, up-to-date and readily accessible



baby-friendly community
breastfeeding



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