



# How to Support Your Partner with Breastfeeding

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## Milk is Medicine

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Breastfeeding can be challenging due to a combination of physical, psychological, and environmental factors.

Some ways you can support your partner:

1. Understanding how breastfeeding works is a great start! This knowledge allows you to provide practical help to your partner. (eg. positioning)
2. Listening to your partners needs is also incredibly important in being able to provide your partner the help they require
3. Taking care of household responsibilities is also a great way to support the breastfeeding process as it allows your partner to focus on breastfeeding
4. Offering to do other hands on care with the baby such as diaper changes, burping, and soothing allows your partner to rest