

## How partners can support breastfeeding:

Women are much more likely to breastfeed for longer when they have their partners support. Practical way partners can help include:

**Go to antenatal or breastfeeding sessions** - ask your midwife or children's centre for further details

**Give emotional and practical support** - try to take time for each other. Do little things to make each other feel cared for and included

**Arrange paternity leave** - Talk to your employer about paternity leave early on

**Make her life easier** - bring her dinner if the baby wants to feed at the same time, or a cup of tea or magazine. Arrange for friends and family to drop in

**Do your bit around the home** - your partner can then focus on caring for your baby and get breastfeeding off to a good start

**Provide some stress relief** - if you already have children, keep them entertained while she feeds the baby

**Get involved in your baby's care** - give you baby their bath, change nappies and be part of the getting ready for bed routine

**Give your baby a bottle of breast milk** - after a few weeks, if your partner begins to express, you could give a bottle of breast milk



## Sure Start Children's Centres

Elstead & Villages Sure Start Children's Centre promotes responsive parenting and parents are encouraged to respond to their baby's needs for love, comfort and security.

### Responsive feeding

The term responsive feeding is used to describe a feeding relationship which is sensitive, reciprocal and about more than simply providing food for a baby. Staff offer mothers attending the centre an opportunity to discuss feeding and behaviour cues. Mothers should be reassured that breastfeeding can be used to feed, comfort and calm babies and that breastfed babies cannot be overfed or 'spoiled' by frequent feeding. Mothers should be reassured that breastfeeding can be an opportunity for them to rest.

If a mother is bottle feeding she does need to be careful not to over-feed her baby. However, she can still feed responsively, by recognising feeding cues, holding her baby close and pacing the feed so that her baby is not forced to take more milk than he needs. Young babies feel more secure when they receive most feeds from their parents and this also helps parents and baby build a strong and loving bond.

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## Breastfeeding help and support information

*The aim of the children's centre is to improve: child development and school readiness; child and family health and life chances; parenting aspirations and parenting skills.*

## One-to-one support for breastfeeding:

Midwives, health visitors, children's centre outreach workers and local trained volunteer mothers (peer supporters) are there to help you get breastfeeding off to a good start. They can give you lots of information and support just when you need it.

If you need to speak to someone between midwife or health visitor appointments, you should find their contact details in your baby's red book. Ask your midwife or health visitor to show you the page when you first get it.

You could also go to your local children's centre, or drop-in baby clinic to see a health visitor face to face.

## The best start for your baby:

What happens in your baby's first years has a big effect on how healthy he or she will be in the future.

Mum's milk gives your baby all the nutrients he or she needs for around the first 6 months of life (and it's important beyond 6 months too). It helps to protect your baby from infection and other diseases, and as a mum, it also reduces your chances of getting some illnesses later in life.

Infant formula is made from cows' milk and other ingredients. It doesn't contain the ingredients that help protect your baby from infection and disease. Only your body can make those.

Breastfeeding also helps you and your baby to get closer—physically and emotionally. So while you are feeding your baby, the bond between you grows stronger.

### Breastfeeding is good news for mums as:

- ★ It lowers the risk of mum getting breast and ovarian cancer
- ★ It naturally uses about 500 calories a day so mums who breastfeed may find it easier to lose their pregnancy weight.
- ★ It saves money—breast milk is FREE and formula feeding costs will add up.

## Breastfeeding helplines and websites:

Unicef: 0207 375 6052

National Breastfeeding helpline: 03001000212

Start4Life 03001231021

Association of Breastfeeding Mothers: 03003305453

La Leche League: 08451202918

National Childbirth Trust: 03003300700

### Websites:

Unicef baby friendly initiative

The Breastfeeding Network

La Leche League

The Lactation Consultants of GB

The Twins and Multiple Births Association

The National Childbirth Trust

The UK Association for Milk Banking

*Links available on our website [EVSSCC.org.uk](http://EVSSCC.org.uk).*