<table>
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<th>Who can help</th>
<th>What they can do to help</th>
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| Your partner              | • Take breastfeeding class with you.  
• Learn about breastfeeding.  
• Advocate for you and baby in the hospital.  
• Support you in labor and birth, and parenting.  
• Help you with baby care and household tasks.  
• Help position the baby for nursing.  
• Provide emotional support.  
• Listen to instructions from health care team, as a second pair of ears. |
| Delivery hospital          | • Put policies and practices into place that support breastfeeding (skin-to-skin, first breastfeed within hour after birth, staff support for breastfeeding).  
• Teach and guide you to ensure a good start to breastfeeding.  
• Comply with your feeding choice and birth plan. |
| Lactation consultant      | • Observe you, your baby and how baby feeds.  
• Provide breastfeeding tips.  
• Identify and help solve breastfeeding problems.  
• Arrange for the rental of a hospital-grade breast pump. |
| Your parents/family        | • Help with baby care.  
• Provide emotional support.  
• Support you by not giving your baby bottles/pacifiers while you and your baby are learning to breastfeed. |
| Your pediatrician/doctor/health care provider | • Educate and counsel.  
• Assess your baby’s growth and development.  
• Refer you/your baby for supportive services when needed.  
• Help you resolve breastfeeding problems. |
| WIC staff                 | • Educate and counsel.  
• Provide special food packages for you.  
• Provide mother-to-mother support (peer education).  
• Give you a breast pump, where appropriate. |
| People in your neighborhood | • Support breastfeeding in public.  
• Advocate for breastfeeding in workplace and community.  
• Promote breastfeeding as the norm.  
• Accommodate nursing mothers (paid/unpaid time and designated place for expressing and storing milk).  
• Provide appropriate maternity leave benefits.  
• Allow for flexible work schedules. |
| Your employer              |                                                                                                                                                                                                                        |