

Who Can Help You with Breastfeeding?

Who can help	What they can do to help
Your partner	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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).
Your employer	<ul style="list-style-type: none"> • Provide appropriate maternity leave benefits. • Allow for flexible work schedules.