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AVENT

Breastfeeding Week

Championing breast milk

Breastfeeding can be rewarding, but it can have its challenges, too. Support from a partner will help you start smoothly and continue breastfeeding with precious ‘liquid gold’ for longer.

Here are some tips on how partners can help:

- Step in for night feeds using stored breast milk, and enjoy some special bonding time
- Your partner can keep your pump and feeding products clean for when you need them
- Involve them in finding feeding solutions. Research, store runs, or just listening. It all helps
- Your partner can be the ‘milk manager’, keeping track of which milk to use first to avoid waste
- Feel supported knowing you and your partner both understand your baby’s hunger cues

Ask your healthcare professional if you want to learn more about the benefits of breastfeeding, about milk banks, and for advice on beginning and continuing to breastfeed with the help of those around you.

EFCNI European Foundation for
the Care of Newborn Infants

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