



What About Partners?

The mother breastfeeds, and the baby doesn't need you to feed him.

So what can you do?

Anything else!

You are The Safe Person Who Is Not Mama. Nursing and Mama are the center of your baby's world right now, but his world keeps getting bigger, and you are the first person he adds.

You are Different. Your shape, voice, hands, and smell are different. You hold your baby differently. You teach him that different can be good. When your baby is frazzled, you may be just the difference that he needs.

Some things you can do:

- Wear your baby in a sling or other carrier and go for a walk.
- Go out and about; babies are social people.
- Read to your baby—he'll love hearing your voice.
- Change his diaper—even if he hates diaper changes now, he'll love them very soon.
- Take a nap with him on your chest.
- Talk to him about things around the house.
- Take a bath together.
- Take him to his mother whenever he needs her.
- Sleep with him safely (see Chapter 12).
- Use the Magic Baby Hold: with your baby's back against your front, bring your left arm over his left shoulder (one arm on either side of yours), and hold his right thigh.
- Jiggle and sway. Babies tend to like side-to-side motion.

Your first job is to *support* breastfeeding, not *compete* with it. A “relief bottle” may seem helpful, but it's more likely to cause breastfeeding problems and health risks for your baby. Instead:

- Protect your partner from criticism.
- Keep her fed.
- Help her get good help if she needs it (lilli.org and ilca.org are good places to start).
- Care for her so that she can care for your child.

*Your two separate roles work together to form a strong,
secure safety net for the World's Best Baby.*