



Partners Make a Big Difference ♥

Your support helps the breastfeeding parent, your baby and your family.

Stronger together today for a brighter tomorrow.



Ways I Can Support

Check the ways you can help (and add your own!).

- ☐ Offer emotional support and encouragement
- ☐ Help with household tasks (meals, cleaning, groceries)
- ☐ Care for other children or pets
- ☐ Bring water, healthy snacks and a comfortable space for feeds
- ☐ Learn about breastfeeding (books, trusted websites, health care providers)
- ☐ Help with positioning (e.g., pillows, getting settled)
- ☐ Support skin-to-skin time
- ☐ Give the breastfeeding partner time to rest
- ☐ Be a positive advocate with family and friends
- ☐ Book appointments (prenatal, postnatal, lactation support)
- ☐ Seek help if needed (e.g., lactation consultant, public health)
- ☐ Attend community groups or workshops
- ☐ Respect their choices and decisions
- ☐ Check in and ask what would be helpful
- ☐ Other: _____



What I Appreciate ♥

What do you admire about your breastfeeding partner?
What are they doing well?

Ways I Can Learn More

How can I build my knowledge and skills?

- ☐ Talk with a health care provider
- ☐ Attend a community group or workshop
- ☐ Read trusted resources
- ☐ Listen to my partner's experiences
- ☐ Ask questions
- ☐ Connect with other partners
- ☐ Learn about normal newborn behaviours
- ☐ Other: _____



My Commitment

What are some specific things I will do to support my breastfeeding partner?

1. _____
2. _____
3. _____
4. _____
5. _____



A Message of Support

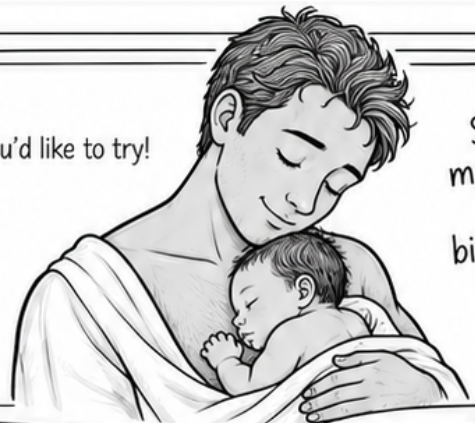
Write a few words of encouragement to your breastfeeding partner.



Ways I Can Bond with Our Baby ♥

There are many special ways I can connect with our baby. Check the ideas you'd like to try!

- | | |
|---|---|
| ☐ Skin-to-skin contact | ☐ Diaper changes |
| ☐ Cuddling | ☐ Bath time |
| ☐ Rocking | ☐ Going for walks |
| ☐ Reading | ☐ Playing and interacting |
| ☐ Singing | ☐ Gentle touch and massage |
| ☐ Talking | ☐ Other: _____ |



Small moments build big bonds.



Support today.
Brighter tomorrows. ♥

A Gift for You and Me!

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Families
Communities
Stronger
Together ♥