

Supporting Breastfeeding as a Family

How partners, grandparents and siblings can help and bond with baby

Feeding is only one way to care for and connect with a baby. Love, comfort and everyday help matter too.

Stronger Together

1 Partners



- Bring baby to the parent for feeds
- Take care of diaper changes, burping and settling
- Offer water, snacks and encouragement during feeds
- Help with meals, laundry and household tasks
- Protect time for rest and recovery
- Enjoy skin to skin contact and cuddles with baby
- Learn about breastfeeding, help find information and seek support if needed

2 Grandparents



- Offer practical help with meals, chores and errands
- Encourage the parent and respect their feeding decisions
- Share support, not pressure or criticism
- Help create a calm, welcoming environment for feeding
- Spend time cuddling, walking or talking to baby after feeds
- Support the family's breastfeeding goals

3 Siblings



- Snuggle beside the parent and baby during feeding time
- Sing songs, talk to baby or show picture books
- Help fetch a diaper, blanket or burp cloth
- Draw a picture or make a welcome card for baby
- Enjoy special one-on-one time with a parent too

Ways to Bond With Baby

- Skin to skin cuddles
- Holding and comforting baby
- Bath time
- Babywearing or gentle walks
- Burping after feeds
- Diaper changes and getting baby dressed
- Talking, singing and reading
- Playtime, eye contact and soothing routines

Breastfeeding works best when families feel supported. Everyone can help a baby feel safe, loved and connected.



A Gift for You and Me!
michelleledrew.ca/babygift