

Breastfeeding Rights

A Dad's Guide



The Metro Nashville Public Health Department and community partners are committed to giving babies a healthy start that includes promoting, protecting and supporting breastfeeding.

All mothers should have the opportunity and support necessary to breastfeed where they live, work, worship and give birth.

Breastfeeding is more successful when mothers have a supportive environment, including the support of their family, friends, community, health care providers, insurers, workplaces, and policy makers.

Studies show that when a nursing mother has a partner who is educated about and supports her choice to breastfeed she is much more likely to reach her breastfeeding goals.

Fathers can provide essential support for mothers who breastfeed their babies. A father's support can make breastfeeding work.

We invite you to use this document that contains four strategies to help you assist your partner to reach your families breastfeeding goals.



Benefits for Babies:

- Stronger Immune System
- Less likely to have allergies
- Less likely to be obese
- Less likely to develop diabetes
- Less likely to suffer from lower respiratory illness like pneumonia
- Less likely to have gastrointestinal infections
- Less likely to have ear infections
- Less likely to develop asthma
- Less likely to die from Sudden Infant Death Syndrome (SIDS)

Benefits for Moms:

- Less likely to develop breast cancer
- Less likely to develop ovarian cancer
- Less likely to develop diabetes
- Less likely to develop osteoporosis

Source: U.S. Department of Health and Human Services

Tennessee Breastfeeding Legislation

In accordance with Section 68-58-101:

You have the legal right to breastfeed your child in any location, public or private, where you are authorized to be.

Did you know ?

Your family could save \$1200-\$1500 on infant formula in the first year alone.

1 Before your baby arrives

Show your support by:

Attending appointments and classes with your partner to learn more about breastfeeding.

Request information that includes:

- o The benefits of breastfeeding
- o What to expect and how to prepare for breastfeeding
- o How to support your partner through breastfeeding challenges
- o How your partner can continue to breastfeed when returning to work or school

Assisting your partner in finding a comfortable space for breastfeeding in the home.

Shopping with your partner for breastfeeding supplies.

Preparing a birth plan with your partner to include steps to initiate breastfeeding.

2 At the hospital

Show your support by:

Assisting your partner by keeping the breastfeeding plan that you wrote on track by informing hospital staff of the birth plan.

Requesting that the baby stay in the room with your partner, so that mom can better respond to cues and so you can learn the most before going home. It has been shown that babies that room-in breastfeed longer.

Requesting a consult if you have any questions or concerns during your hospital stay.

Encouraging and coaching your partner through the early challenges of breastfeeding.

3 When you return home

Show your support by:

Assisting in diaper changes and diaper counts to ensure your child is getting enough food.

Bonding with your new baby by holding and soothing him or her after feedings.

Helping around the house.

Continuing to encourage and coach your partner through any challenges with breastfeeding.

4 When your partner returns to work

Show your support by:

Encouraging your partner to talk to someone regarding how to collect and store breast milk.

Choosing a breastfeeding-friendly child care provider.

Developing a pumping/breastfeeding schedule with your partner.

Sharing the task of cleaning the breast pump and preparing tools needed to pump successfully.

Continuing to encourage and coach your partner with any new challenges related to returning to work.

Encourage your partner to breastfeed more often in the evenings and on weekends to maintain milk supply.

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