



THE ROLE OF THE FATHER OR THE CO-PARENT

Preserving the mother-child unit in the early weeks

The father or co-parent must recognize the importance of giving priority to the mother when it comes to providing for the child. He then becomes the protector of the mother-child dyad.

- Take over when mother is tired or unavailable
- Bathing
- Singing and talking to the baby
- Skin-to-skin contact and rocking
- Cuddling and massaging
- Using a baby carrier



Limiting those around you who give unsolicited advice or advice that doesn't match your parenting choices

How to help?

- Make sure the mother has everything she needs (e.g. water, snacks, pillow, etc.)
- Congratulating your partner helps her feel more competent in her role
- Encouragement greatly motivates breastfeeding
- Prepare meals and take care of household chores
- Taking care of the eldest



The leaflet
"The role
of the
father or
co-parent"
is
available
on the
website

2023