

Is your partner
breastfeeding ?

TIPS ON HOW YOU CAN BOND WITH BABY TOO.



Bonding

Breastfeeding is a big part of bonding between mum and baby, this is partly due to Oxytocin – ‘the love hormone’. This hormone is also released when you kiss and cuddle your partner; it builds strong bonds and helps you fall in love. When dad cuddles baby Oxytocin is released to aid bonding between you too.

Some couples worry that without expressing milk or giving the odd bottle of formula then dad will not bond with baby, there is no evidence to support this theory but it is worth remembering that giving baby a bottle, whether it contains formula or expressed breastmilk can affect breastfeeding, the baby's gut and milk supply. If mum decides to express and give the milk via a bottle it is best to wait until breastfeeding is well established.



Wear baby in a sling

Many babies will sleep happily in the sling close to Daddy's heartbeat and it allows him to be hands free. There are many types of sling on the market and it is a good idea to attend local sling meetings to learn more about them and how to wear them safely. Also remember, the white noise from something like the vacuum cleaner will help baby sleep for longer!

Eye contact

Such an important part of bonding. As adults, if we are talking to someone & they are looking elsewhere we can feel as if we are not being listened to, well babies pick up on this too. Babies love staring into mum and dad's eyes and lets face it, that beautiful baby stare just melts your heart.

Take baby out for a walk/ in the garden

Breastfed babies do not like to be too far from mum but many enjoy being walked outside with dad, whether in arms, sling or pram it can make good dad-baby bonding time. As baby gets older they will be able to be away from mum a little longer so a weekly/ daily trip to the park can be a great way to bond and get some fresh air.



Skin to skin contact

Skin to skin contact can have numerous benefits including a deeper bond, better sleeping patterns and even increases weight gain. You can have skin to skin in the bath, or lay down with baby on our chest or even in a sling. It is important to place baby in the cot when settled to avoid falling asleep with your baby. Please read the leaflet 'caring for your baby at night'.

http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/caringatnight_web.pdf

Read to your baby

A great opportunity to bond with baby, talk to them, make eye contact and introduce them to books. Babies are very soothed by their parent's voices so reading can be a positive activity to do together. There is good evidence that speech and language skills are improved when children are introduced to books at an early stage. Very young babies tend to be more engaged by books that are mainly black and white.

Cuddles

Cuddle up with mum when baby is having a feed. Whether your baby is newborn or a toddler, mum and baby will enjoy a protective cuddle from a loving partner/dad during that important activity of feeding your baby.

Bath baby, massage, settle to sleep

This can be a lovely time for dad & baby. Not all babies like baths but if they do it can be a lovely way to spend time together, joining baby in the bath can also be really relaxing. There are local groups and YouTube videos to learn how to massage your baby which can help relieve colic constipation and aid sleep. Some babies like to be rocked, swayed, bounced or sang to in order to fall asleep. It can be reassuring to know your baby will settle for mum or dad.

Basic baby care

Getting baby dressed, changing their nappy, putting them in their car seat can all be a great time to make eye contact, talk to baby, count (such as counting poppers on sleep suit etc) and bond with baby.

BONDING FOR DADS



