

Wash
pump and
bottle parts
if they are
pumping!

Count the diapers!
Breastfeeding success
can be partially
determined by output
of baby! Count how
many wet and dirty
diapers there are in a
24 hour period.

Help them
stay
nourished by
prepping
meals and
snacks

SUPPORTING A
BREAST/CHESTFEEDING
PARENT

Refill their
water cup
and make
sure it stays
close by!

Change the
baby's diaper
pre-feed and
get baby to
sleep post-feed

Offer Words of
Encouragement

You can also do skin to skin post feeds so that your partner can take care of themselves and you get to bond with baby too!