



**Lactation University Volunteer Support Program**

**Track 2: Postpartum Meetings**

**Theme: Exploring and Embracing Your New Role**

**OBJECTIVES:**

1. Attendees will be able to list 4 ways their partner can support them
2. Attendees will be able to state 3 ways their partner can bond with their baby
3. Attendees will be able to share 2 ways to engage a toddler while breastfeeding a baby

OPEN-ENDED QUESTION/DISCUSSION: What are the challenges of being a caregiver to your newborn?

**Education: Transitioning to the new role**

What roles have you played in your lifetime? Daughter, friend, employee, neighbor, sister, etc. If this is your first pregnancy, you have not yet held the role of "Mother." How do you think this role is different from any other position you have held?

**Education: Partner Involvement**

It is a great idea to have support from friends and family. They can make the transition to parenthood easier. What are some things you would like your partner, friends, or family members to do? Others have made these suggestions:

- Make feeding/hydration station
- Help with siblings
- Skin to skin, baby wearing
- Rock baby
- Give baby bath and massages
- Burp baby
- Bring baby to mom
- Grocery shop/Instacart/meal train
- Show love and affection
- Do household chores, make bed
- Tell her she is beautiful
- Take care of animals
- Draw a bath (bubbles, candles)
- Change and restock diapers
- Keep phone/iPad charged
- Prepare/pack for outings or appointments
- Take baby on walks
- Help with pumping or expressing
- Stay and visit during breastfeeding sessions
- Wash and clean breastfeeding supplies
- Shield from non-supportive people (gatekeeper)
- Answer and filter phone calls
- Be a cheerleader, speak in a nice tone
- Help with positioning
- Read and sing to baby/partner
- Remember information and take notes
- Write down pumping times/wet diapers
- Supplement with breastmilk
- Anticipate needs before being asked
- Cook or meal prep, make snacks
- Watch for signs of PPD
- Understand mom may feel "touched out"

**Education: Siblings**

Do you have other children? Talk to them about the new baby coming. Include them in the pregnancy (viewing the ultrasound, feeling baby's movements). Get them a doll and teach them to babywear and care for their "newborn." Once Baby arrives, how can older children help you?

- Bring diapers/wipes
- Help put on socks
- Bring you snacks/water
- Bottle-feed pumped milk

What are some things you can do with your toddler while your baby is breastfeeding? You can read a book while nursing. Something one mom did is have a box of toys that could only be played with during breastfeeding sessions. This ensured the toddler didn't tire of the toys and was excited when Mom stopped to breastfeed. Families can also have a snack basket or snacks in a drawer in the refrigerator that are accessible for the toddler when Mom is busy feeding.

**Suggested Teaching Techniques: hand activity, role play with toddler and baby doll, build a nursing station**

ADDITIONAL RESOURCES: Edinburgh Postnatal Depression Scale

[https://med.stanford.edu/content/dam/sm/ppc/documents/DBP/EDPS\\_text\\_added.pdf](https://med.stanford.edu/content/dam/sm/ppc/documents/DBP/EDPS_text_added.pdf)