Fathers & Family Members

BE A TEAM! Fathers and family members are an essential part of the breast-feeding support team.

What you should know:

- Fathers and family members should be encouraged to hold baby skin to skin after the mother breastfeeds
- Encouragement to the mother is key to her success with breastfeeding
- Help the mother nap and eat properly. She needs more calories when breastfeeding
- Avoid criticizing each other and enjoy these precious moments

The Lactation Consultants at Uniontown Hospital are available to provide you with one-on-one service and more detailed information. Please call 724-430-5573 and leave a message and we will return your call as soon as possible.

PLEASE DO NOT HESITATE TO CONTACT YOUR OBSTETRICIAN OR PEDIATRICIAN, depending on the concern. The guidelines above are endorsed by the American Academy of Pediatrics.