



Demystifying Mother's milk

- Mother's milk is the most complete food for an infant.
- It is made up of antibodies, fatty acids and many nutrients necessary for the growth of babies.

Your breastfed child will have a lower risk of developing certain diseases.

The World Health Organization (WHO) recommends:

- That babies be nursed exclusively until they are 6 months old,
- Then, following the introduction of solid foods, nursing should continue up to the age of 2 years.

You find this demanding?

Yes, it is. More than you can imagine for the mother.

So, keep going one feeding, one day, one week and one month at a time...

Questions?

Fédération Nourri-Source
nourri-source.org/en/

**Regroupement pour la
valorisation de la paternité**

www.rvpaternite.org
List of activities for fathers in Quebec

Quebec Parental Insurance Plan
www.rqap.gouv.qc.ca/en
Paternity leave

**Institut national de santé publique
du Québec**

www.inspq.qc.ca/information-perinatale/fiches/paternite
Sheets to help parents

Special project
Nourri-Source Montréal
www.nourrisourcemontreal.org/fr/per-es-paternite-allaitement

FOR MORE INFORMATION:

Telephone: 514 948-5160
Toll-free: 1 866 948-5160
Email: info@nourri-source.org



MY PARTNER IS BREASTFEEDING...

I CAN HELP!



A JOURNEY OF SELF-DISCOVERY...

Becoming a parent is disruptive!

It's one of the biggest challenges you will ever face, and it requires your own and your spouse's patience and adaptability.

The first moments of contact between a father and his newborn. Take the time to learn about yourself and allow many weeks to adapt to your new life.

HOW TO SUPPORT YOUR SPOUSE?

Encourage and congratulate your spouse

She will feel more capable and motivated to continue.



Caring for a newborn

Bathing and changing diapers will allow you to create bonds with your baby.



Sing and talk to your baby!
Baby loves to hear the sound of your voice!!



Household tasks

Your help will always be appreciated by your spouse!



The importance of your relationship as a couple

Don't forget to take time alone as a couple!

Quiet dinners together, watching a movie beside each other on the couch, etc.



These intimate moments will allow you to talk about your new roles..

PARENTAL LEAVE

The Quebec parental leave plan allows the father 5 weeks upon the birth of a baby.

If possible, take those weeks immediately after the baby's birth as your spouse and your baby will both need you.

Your presence will have beneficial effects such as:

- It will allow your spouse to concentrate on the baby and thus make nursing easier.
- It will reduce the risks that the mother will experience depression or distress.
- It will create a bond with your baby right from the time of birth and will help you both to learn to know each other.

YOU CAN'T DO IT ANYMORE...

Go get outside help even if your spouse appears to disagree.

Many resources are available to new parents.

