



WHO LOVES THEIR WIVES AND CHILDREN MOST?

An intervention study involving Vietnamese fathers
in support of breastfeeding

Specific actions for fathers to take in support of breastfeeding

Do not buy formula or feed it to the baby in the first 6 months

Accompany your wife to pregnancy check-ups and on the day of birth

- Take your wife to regular pregnancy check-ups and follow instructions from your health center on monthly prenatal care
- When it's time for your wife to give birth, accompany her to the health center or hospital
- Attend counseling sessions and learn how to help in case your wife has difficulty breastfeeding

Take care of your wife

- Always be sure she has enough food and water, make sure she gets enough rest, and don't let her do any heavy work
- When mother and baby come home, prepare a clean, quiet, and comfortable room or space

Encourage your wife to breastfeed right after giving birth

- It's best to breastfeed within 1 hour after birth
- Do not replace mother's "first milk" (called colostrum) with sweetened water or infant formula

Encourage your wife to breastfeed regularly

- Patiently encourage your wife to breastfeed regularly, at least 8 times every 24 hours

Help out during breastfeeding

- Prepare a seat with back support or a spacious bed so your wife can sit or lie down comfortably while breastfeeding
- Help her to breastfeed with the correct technique
- Bring her some water or a light snack

Help with house chores, such as:

- Going to the market
- Cooking
- Doing laundry
- Looking after the older children
- Managing the family shop
- Etc.

...so your wife can maintain milk production and have enough energy to focus on taking care of your baby

Feed your child only breastmilk in the first 6 months

- Avoid feeding your child infant formula in the first 6 months. If you do, your baby will get used to feeding from a bottle. Your baby will then refuse to breastfeed, which will cause your wife to produce less milk

Convince your parents and other members of your household to support feeding your child only breastmilk in the first 6 months