



WHAT CAN A SUPPORT PERSON DO?

Often support people are unsure of what to do to help a nursing pair. While your role in the early days is to feed the baby, what about your partner's role? These ideas can really make a difference:

- Keep food on hand, especially no-fuss, easy-to-eat, one-handed food, and foods high in fiber.
- Set up a sleeping arrangement that works for everyone. Don't be afraid to try a few different ones to see what works best, and it may involve separate sleeping spaces for a while. Be flexible!
- Monitor visitors.
- Run errands.
- Adjust the positioning of the pillow.
- Adjust the lighting in the room.
- Change the baby.
- Clean and cook.
- Massage.
- Encourage with love.

