



BREASTFEEDING BUZZ

June 2026
Volume 10 Issue 6

Free Education

June 9

2:30 p.m. – 3:30 p.m. IEBFC Monthly Check

In: How Predatory Formula Marketing

Hurts Public Health. Register at:

<https://us02web.zoom.us/meeting/register/tZMld-Cqqz0oEtL74s9hAXoOG-h8lCd02vDP#/registration>

Available on Demand

-Great Lakes Michigan. Breastfeeding webinars:

<https://glbw.thinkific.com/collections>

-Breastfeed LA. Free Webinars:

<https://breastfeedla.thinkific.com/collections/free-courses>

-Medela University.

<https://www.breastfeedingandlactation.medela.com/store>

Gold Learning

World Breastfeeding Week Special!

Register for a free webinar on August 4,

2026 at noon. The Cost of Feeding: What

Families Teach Us About Resilience,

Breastfeeding, and Surviving Economic

Pressure [https://www.goldlearning.com/ce-](https://www.goldlearning.com/ce-library/all-lectures/resilience-breastfeeding-surviving-economic-pressure-detail)

[library/all-lectures/resilience-breastfeeding-surviving-economic-pressure-detail](https://www.goldlearning.com/ce-library/all-lectures/resilience-breastfeeding-surviving-economic-pressure-detail)

MSBFC Bi-Monthly Meeting

Join us on Thursday, June 11, at 12:00 PM

via Teams: <https://bit.ly/MSBFCmeeting>

We are excited to welcome Calandrea

Taylor, LPC, Project Director for CHAMP for

Moms at the University of Mississippi

Medical Center. She will provide an

overview of CHAMP for Moms, including

the services available to pregnant and

postpartum individuals experiencing

maternal mental health concerns and how

the referral process works.

The Essential Role of Fathers in Supporting Breastfeeding

Fathers play a vital role in the breastfeeding journey. Research consistently shows that a supportive partner can positively influence breastfeeding initiation, duration, and overall maternal satisfaction. By providing encouragement, practical assistance, and advocacy, fathers help create an environment where mothers feel supported and confident in meeting their breastfeeding goals.

The emotional support fathers provide can make a significant difference. Many mothers experience challenges such as latching difficulties, concerns about milk supply, or fatigue during the early weeks of breastfeeding. Encouragement, reassurance, and a positive attitude can help reduce stress and build confidence. Being present and supportive during feeding sessions can also contribute to a calmer breastfeeding experience.

Fathers can support breastfeeding by helping with household responsibilities, caring for older children, changing diapers, soothing the baby between feedings, and assisting with expressed milk when appropriate. These efforts allow mothers more time to rest and focus on feeding and recovery.

Learning about breastfeeding enables fathers to better understand the process and support informed decision-making. Fathers who are knowledgeable about breastfeeding can advocate for their partner's needs, encourage the use of evidence-based resources, and help ensure access to appropriate lactation support when challenges arise.

Although breastfeeding is a unique relationship between mother and baby, fathers can strengthen their bond through skin-to-skin contact, comforting, bathing, reading, and playing with their infant. These interactions foster attachment while supporting the mother's breastfeeding efforts.

By providing emotional support, practical assistance, and informed advocacy, fathers become valuable partners in breastfeeding success and contribute to the health and well-being of the entire family.

Resources:

[Fathers Supporting Breastfeeding | WIC Breastfeeding Support](#)

[How dads can support breastfeeding | UNICEF Europe and Central Asia](#)

[4 DadsToolkit Breastfeeding Section.pdf](#)

Breastfeeding Support

WIC Breastfeeding Program 601-981-2304

Bloom & Grow Lactation 601-427-0777

The Infant Risk Center 806 352-2519 Dr.

Thomas Hale's medication helpline.

La Leche League of Metro Jackson, MS

<https://www.facebook.com/groups/LLLoFMeTroJackson/>

MS MILC Leagues For locations and

information, see

<https://www.msbfc.org/ms-milc-league.html>

