



**I will be a
champion Dad**



A breastfeeding initiative by the
OHIO HOSPITAL ASSOCIATION and
the OHIO DEPARTMENT OF HEALTH



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Name: _____

Boy / Girl

Date: ___/___/___ Time: ___ am / pm

Weight: ___ pounds ___ ounces

Length: ___ inches



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Breastfeeding Champion at my baby's birth

I will be a champion for my child's mother and for breastfeeding.

I will protect her milk and milk supply.

I will support her if family and friends tell her not to breastfeed—“my baby needs this breastmilk.”

I will help with visitors at the door if it is time for her to breastfeed and she wants privacy.

I will reassure her I am not left out and will hold my baby skin-to-skin—just us.

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Breastfeeding Champion after my baby is born

I am a champion for my child's mother and for breastfeeding—we are partners.

I am learning the early signs that my baby is hungry (restless sucking, searching for nipple) and will bring baby to Mom for a breastfeeding.

I will handle household chores, change our baby's diapers and help with visitors at the door so she can rest.

I will bring her water, pillows, and comfort when she is nursing.

I will hold, cuddle, bathe and walk my baby to develop a bond.

I will support, encourage and praise Mom—“Thank you for breastfeeding our baby!”

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