

# Baby's Hungry: A Daddy's Perspective on Nursing (and Nursing in Public)

Wellness Lifestyle – Jay Parr  
Pathways #42, page 48



## Talking Points

- ❖ Isn't it amusing that the medical establishment and the not-so-medical are actually on the same page about something for once? And that something just happens to be the benefits of breastfeeding.
- ❖ Why is breastfeeding in public an absurdly controversial topic?
- ❖ Some benefits of mother's milk:
  - "The nursing mother's immune system works in tandem with her child's, detecting pathogens to which the child has been exposed and producing antibodies that are passed through breast milk." (48)
  - "Nursing produces hormones that encourage bonding, relaxation and a sense of well-being for both mother and child." (48)
  - "Night milk contains tryptophan, that legendary compound that makes you so sleepy after feasting on your Thanksgiving turkey." (48) (*Awesome!!* This is great info to promote co-sleeping and nursing or as a motivating factor for moms to nurse throughout the night rather than give pumped milk as the composition is different)
- ❖ "Still, even with all that backup from the scientific and medical communities, and even with prevailing attitudes normalizing breastfeeding—even with laws from both liberal and conservative state governments protecting a mother's right to nurse wherever she and her child are both allowed to be—we as a culture just can't help but be a little squeamish about the whole topic." (48)
- ❖ Why is there such a big rush in the United States to wean children from the breast? If breastfeeding is still working for those involved, why stop? Why is there such a negative opinion from the general public of an older child still nursing?
- ❖ "The World Health Organization recommends breastfeeding alongside appropriate solid foods 'up to two years of age or beyond'" (who.int/topics/breastfeeding/en) (50)
- ❖ Jay Parr comments, "A nursing baby is so much more pleasant than a cranky, hungry baby. Don't want to see it? That's simple: Don't look." (51)

- ❖ How many partners agree with Jay's statement: "As the partner of a nursing mother and the father of a happy and healthy breastfed toddler, I believe that no mother should ever be made to feel that she has somehow transgressed public decency simply by feeding her infant or soothing her child." (51)

## Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

The La Leche League helps women breastfeed by mother-to-mother support, encouragement, information and education online as well as physical gathering groups <http://www.llli.org/>

State by state breastfeeding laws <http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx#State>

Breastfeeding: A Confidence Game – Has a lot of great info regarding having confidence in your milk supply, how you can diminish your supply by supplementing as well, how your body makes milk, how often you should feed (on cue, not watching the clock)...

<http://www.bellybelly.com.au/breastfeeding/breastfeeding-a-confidence-game#.U4TV-HYVm68>

Pinky McKay's ebook website – even without purchasing the book there is still good info on the page. You can download the free 10 Things You Must Know About Breastfeeding

<http://www.breastfeedingsimply.com/>

"Breastfeeding & Fatherhood: How a Father's Support Enriches the Breastfeeding Experience for the Family" by Patrick M. Houser <http://pathwaystofamilywellness.org/Breastfeeding/breastfeeding-a-fatherhood-how-a-fathers-support-enriches-the-breastfeeding-experience-for-the-family.html>

"In It for the Long Haul: A Dad's Opinion on Breastfeeding" by James Latham

<https://pathwaystofamilywellness.org/The-Outer-Womb/in-it-for-the-long-haul-a-dads-opinion-on-breastfeeding.html>

"Breastfeeding Twins" by Valerie Lavigne, DC, IBCLC

<http://pathwaystofamilywellness.org/Breastfeeding/breastfeeding-twins.html>