

Exploring the support network of Australian Mums: The role of Partners

Over 7800 new mums took our survey which showed that their partner is their biggest support emotionally, practically and is the key to their breastfeeding success.

Why are partners so important to mums?

Top 3 valuable sources of support for mums in the first 6 weeks after giving birth:



1. Partner

2. Mother

3. Midwife



How would you describe your partner?

87.8% Supportive

82.3% Engaging with our baby



Over 75% of mums feel confidence and trust when it comes to their partner looking after their child.

What type of support from a partner benefits new mums most? Top 5:



Who supports mums most during their breastfeeding journey?

“The father’s role is critical to helping the mother to initiate and sustain breastfeeding.”*



- 1. Partner: 80.9%**
- 2. Family/ Friends network: 66.5%**
- 3. Midwife: 60.2%**

*Prof. Diane Spatz (University of Pennsylvania, Director of the Lactation Program at the Children’s Hospital of Philadelphia, winner of the Lifetime Achievement Award from the National Association of Neonatal Nurses, USA) recently unveiled consistent research results at the 12th International Breastfeeding and Lactation Symposium.

About Medela:

Medela provides breastfeeding mums, families and communities with the leading breastfeeding products, expert insights, and ongoing research and education to support the breastfeeding journey.

Medela Australia provide support and education to mums along their journey through their FREE mobile app MyMedela and blog site. Sign up to Take 5 with Medela now to receive updates and information tailored to your journey.

www.mymedela.com.au | www.medela.com.au | www.medelabreastfeedingblog.com.au

#medelaAu #celebratepartners