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Fathers and breastfeeding: a review of the literature.

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Research on breastfeeding support has consistently identified fathers as an important source of support in the decision to breastfeed and in its implementation. The literature indicates that fathers influence four aspects in particular: the breastfeeding decision, assistance at first feeding, duration of breastfeeding, and risk factors for bottle feeding. Research which focuses on fathers has added to our understanding of their attitudes, knowledge, and coping techniques regarding breastfeeding. This paper reviews the research findings in each of these areas, and offers suggestions for further research.

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