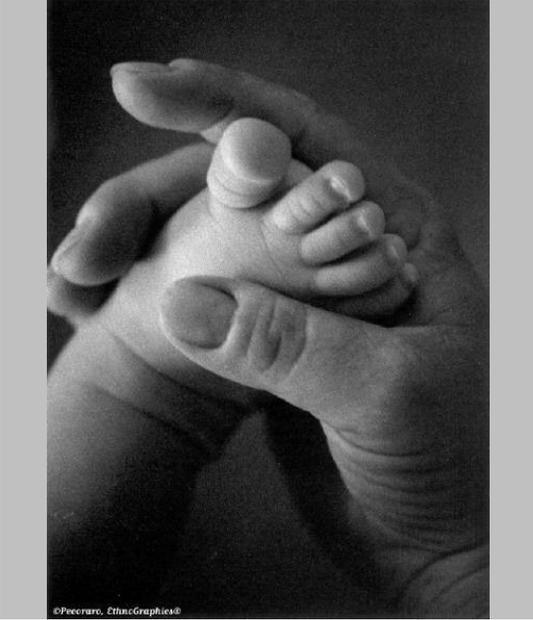


Supporting Breastfeeding For Grandparents



The Wisdom of Breastfeeding

- **B**reastfeeding enhances infant development.
- Breastfed babies are generally healthier than formula-fed babies.
 - Have fewer colds and ear infections.
 - Have a lower chance of being obese, developing asthma, allergies and certain cancers.
- Breastfeeding helps your daughter lose weight and reduces her risk for breast and ovarian cancer later in life.
- Breastfeeding can save money -reduce medical bills and formula costs.

Help her give your grandchild the very best

- **T**he first few days of breastfeeding can be challenging. Learn more about breastfeeding—there are new discoveries every day!
- Support her efforts to breastfeed by assuring her she has made the right decision and encouraging her to get help if she needs it.
- Help with housework and cooking to give mom and baby time alone to get to know each other.
- Do not give the baby water or formula in the first weeks.
- Change your grandchild's diapers. Bathe and dress him. Sing and talk. If you see your grandchild searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding. Let only mom feed the baby!
- You can reassure her that the baby is getting plenty of milk if the baby is interested in feeding often, the baby wakes to feed, you can see or hear her baby swallowing, the baby appears content after feeding and mom's breast softens during the feeding.
- You have a wealth of knowledge and experience about child rearing to pass on to your daughter. Supporting her efforts to breastfeed is one important way you can make the most of your role.

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Adapted from: American Academy of Pediatrics <healthychildren.org>

African American Breastfeeding Alliance <www.aabaonline.com>

USDA <<http://www.fns.usda.gov/wic/fathers/MakingtheDecision-brochure.pdf>>

<http://www.nal.usda.gov/wicworks/Learning_Center/support_bond.html>