

# Breastfeeding Facts for Grandparents

Congratulations! Your grandchild is going to get the best possible nutrition because he/she is getting breast milk. Your support will be very important for the mother and father of your grandchild.

## Benefits for Your Grandchild

There is a decrease in the chance that baby will have:

1. Frequent ear infections
2. Asthma
3. Allergies
4. Diarrhea
5. Diabetes

There is also research now that shows that breastfed babies are less likely to be obese later on in life and have higher IQ's.

## Benefits for the Mother Who is Breastfeeding

1. Recover from child birth sooner
2. Lose weight gained during pregnancy faster
3. Decrease her risk of cancer if she breastfeeds for 6 months or longer
4. Decrease her risk of osteoporosis (bone loss) when she gets older

## What's Normal for a Breastfeeding Baby?

1. The best time to start breastfeeding is within the first hour after birth.
2. The baby may be sleepy during the first day and need rubbing or tickling during feeds to help keep her/him awake.
3. It may seem that your grandchild wants to eat frequently because colostrums (the first milk) is easily digested and comes out in small amounts.
4. Your grandchild should feed about every 2-3 hours or 10-12 times in a day (24 hour period).

It is important for you to relax if the baby and mom seem to be struggling with breastfeeding in the first few days. Things are usually going well by the time mom's milk comes in. BE PATIENT.



## What Can You Do To Help?

1. Get baby ready to feed by unwrapping and waking the baby for mom.
2. Help stimulate the baby during feeding.
3. Get water or snacks for mom / She will be hungry and thirsty.
4. Help with household chores like laundry, cooking, cleaning and grocery shopping.
5. Care for other children in the house.
6. Ask mom what she would like for you to do for her and the baby.
7. Praise mom for doing a great job.

## Remember

1. Breastmilk supplies everything my grandchild needs and he/she does not need formula.
2. My grandchild's mother is making enough milk for her baby. It is very rare that a mother does not make enough milk.
3. Babies cry for other reasons than being hungry.
4. Breast milk is the best nutrition for my grandchild.
5. Babies need to eat frequently when breastfeeding because breast milk digests very quickly.

If you have other questions, concerns or you and the baby's mom do not feel that breastfeeding is going well, you can get help from organizations like LeLeche League, WIC, Peer Counselors, the Breastfeeding Coalition in your community and your grandchild's pediatrician.

Remember, by you showing support and helping mom be successful with breastfeeding, you will be giving your grandchild the best start possible.

Washington County Breastfeeding Coalition  
[www.co.washington.wi.us](http://www.co.washington.wi.us) 262-335-4464