

How can I be most helpful?

Simply tell the parents that you would like to help but are not sure what would help them the most. They could make suggestions about what they need, and what you can best do to help, such as:

- Cooking a few meals
- Picking up groceries
- Doing some of the never-ending laundry
- Spending time with an older child

Remember that your enthusiasm and encouragement about breastfeeding is the best help you can give.

helpful

For more information or to get help with breastfeeding check out:

www.lllc.ca
www.tbdhu.com
www.breastfeeding.com
or call the referral line at
626-9626 or 1-877-586-5638

This pamphlet is endorsed by the Thunder Bay Breastfeeding Coalition 2007.



Adapted from "Grandparents & Breastfeeding: A Winning Combination" developed by Porcupine Health Unit.

Grandparents:

Providing Support to the Breastfeeding Relationship





Breastfeeding moms need your support!

Studies show that the advice of health care workers is far less likely to be followed than grandmothers' advice.

Our daughter is so sure she wants to breastfeed. What can we say to support her decision?

All your daughter or daughter-in-law needs to hear from you is something like: "That's great! It's the best for baby. We want our grandchild to have the best!"

Did you know that the longer your daughter breastfeeds the more protection she may get from breast cancer, osteoporosis and ovarian cancer?

Why is breastmilk so wonderful?

Breastmilk is the perfect food. It changes with the changing needs of baby. Breastmilk helps keep baby healthy – it gives protection from infections and lessens the chance of allergies. Recent studies have shown that breastfeeding may give some protection against Sudden Infant Death Syndrome (SIDS), diabetes and obesity. Also, research has recently shown that breastmilk increases the child's IQ by 8 points!

Aren't formula and breastmilk almost the same?

Nothing could be further from the truth! Breastmilk has exactly the right amount of nutrients needed to ensure babies grow well. It has antibodies, living cells, enzymes and hormones. These things can't be manufactured.

Will she make enough milk?

Yes! Breastfeeding moms can make enough milk even for twins. Since nursing causes more milk to be produced, following baby's lead will ensure a good milk supply. More milk out equals more milk made.

Will her milk be good enough?

Mother's milk is always rich enough. Even though breastmilk sometimes looks like skim milk, the nutrition is there in just the right amounts.

Why do breastfed babies feed more often than bottle fed babies?

Breastmilk is digested very easily and quickly. Formula is much more difficult to digest so infant feels full longer. Babies may come to the breast for other reasons such as growth spurts, comfort, to pass gas, have a bowel movement, or to settle themselves for sleep.

I used soothers and bottles for my babies, but my daughter thinks they shouldn't be used. What should I say?

For the first 6-8 weeks artificial nipples should not be used as they may cause nipple confusion. Research has shown the use of artificial nipples or soothers leads to early weaning.

My generation started our babies on pablum at 3 or 4 weeks old. My daughter thinks she will wait until 6 months to start solid foods. Isn't that too late?

Babies don't need any food or drink other than breastmilk for the first 6 months. Breastmilk is far more nourishing than any solids we can give babies. Remember that breastmilk is the most important food for the entire first year of life.

How do we know baby's getting enough milk?

There are some things you can watch for to make sure baby is getting enough. Watch the baby for these signs:

- Baby nurses at least 8 to 15 times in 24 hours
- Baby suckles strongly, deeply and in a slow steady rhythm for most of the feeding
- Baby swallows regularly for most of the feeding
- Baby and mom are comfortable during nursing
- Baby looks satisfied and content after nursing
- Mom's breasts feel full before feedings and softer after nursing
- Baby's urine is pale yellow or clear, has no odour. Baby has at least 6-8 wet diapers in 24 hours
- For the first 6 weeks or so, baby has at least 2 large, loose, stools in 24 hours
- Baby has alert periods
- Baby is gaining at least 4-7 ounces per week for the first three months