



BREASTFEEDING BASICS FOR GRANDMAS: Your Breastfeeding Questions Answered



Breastfeeding gives your grandchild a healthy start in life. But it may not be easy. It takes time, practice, patience, and teamwork. Your support and encouragement for mom are critical for breastfeeding success. Learn why breastfeeding is important and how you can be involved in mom's breastfeeding journey.

Why is breastfeeding the healthiest option for my grandchild?

- Breast milk lowers your grandchild's risk of certain infections and diseases, such as ear infections, asthma, and childhood obesity.
- Breast milk is easier to digest. Breastfed babies have less diarrhea, constipation, and colic.
- Breastfeeding provides important physical contact that makes your grandchild feel safe, secure, and loved.
- Breast milk contains vitamins, minerals, antibodies, and nutrients to help your grandchild grow healthy and strong.



U.S. DEPARTMENT OF AGRICULTURE

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What other benefits does breastfeeding provide?

- Breastfeeding is good for mom, too. It helps her recover from childbirth more quickly and may help her lose weight. It also reduces her risk for type 2 diabetes and certain breast and ovarian cancer.
- Breastfeeding saves money. Breast milk is free and breastfed babies may be sick less often, which may keep healthcare costs low.
- Breastfeeding is convenient. There are no bottles to heat up and no formula to measure and mix, which saves time.

How much milk does my grandchild need?

Babies' tummies are tiny. It doesn't take much to fill up your grandchild. How much milk your grandchild needs will increase as baby grows, and your daughter's body will adjust to those changes.

Watching baby's diapers is one way to tell if your grandchild is getting enough milk. The color, texture, and frequency of poops and wet diapers will tell you a lot. Changing diapers is also a great way to support your daughter.

How can I support breastfeeding?

Breastfeeding is a team effort, and you play an important role. Here are ways you can offer support and encouragement and be involved in the breastfeeding journey.

- **Learn the breastfeeding basics.** Before your grandchild arrives, join your daughter at a WIC breastfeeding class to learn about how breastfeeding works, how much milk baby needs, and how to know whether baby is getting enough milk.



- **Go the extra mile. Help with chores.** Run errands, cook, clean, and do laundry. If mom needs something while she's breastfeeding, offer to get it for her. If you have other grandchildren, take care of them so your daughter can focus on breastfeeding.
- **Limit visitors.** New moms need plenty of rest. Help limit the number of visitors that come to your home.
- **Help take care of your grandchild.** You can soothe, bathe, change diaper, dress, and burp the baby. You can also read, talk, or sing to the baby.
- **Take care of mom.** If mom is uncomfortable or has pain, it may be because the baby is not latching on correctly or she may be engorged. Help her contact WIC breastfeeding staff who can help her stay on track. You can also make sure mom is taking care of herself.
- **Watch for hunger signs.** Learn your grandchild's hunger cues so that you can bring the baby to your daughter for breastfeeding sessions.
- **Offer encouragement.** Help your daughter feel good about herself. Tell her you're proud of her and that she's doing a great job. Try to do something special for her.



For more information on breastfeeding and how you can be part of the breastfeeding team, visit [WICBreastfeeding.fns.usda.gov](https://www.wicbreastfeeding.fns.usda.gov)
