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Breastfeeding is a Gift from the Creator

10 Ways You Can Support Breastfeeding

Breastfeeding *for grandparents*

- 1 Support your daughter's decision to breastfeed even if you didn't breastfeed yourself or felt your breastfeeding experience was successful. Supporting your daughter's choice to breastfeed is one of the biggest things she needs to help her succeed.
- 2 Help your daughter feel comfortable breastfeeding in your presence. Don't make her sit in another room while feeding. It will make her feel left out of the family. But if she wants quiet and privacy that is okay too. Help her find a quiet place where she can breastfeed comfortably.
- 3 Limit visitors. New moms need plenty of rest. They need to conserve all their energy to care for their new baby. Help her limit the number of visitors in her home for the first few weeks.
- 4 Ask your daughter to share with you what she is learning about breastfeeding. Learning the basics of breastfeeding with your daughter will help you know how to help her if she sometimes struggles with breastfeeding.
- 5 Help with baby care. Offer to burp, bathe, dress and cuddle with baby. Taking care of baby so mom can take a 10 minute nap or shower will be appreciated more than you know! Plus it gives you and baby some time to bond.
- 6 Resist the urge to suggest offering a bottle as a quick fix if breastfeeding is challenging. Most breastfeeding challenges can be fixed by making sure baby is latching properly. Offer to contact a lactation consultant or WIC staff to help your daughter if she encounters breastfeeding challenges.
- 7 Help out with chores around the house. In the first few weeks, breastfeeding is a full time job. Help your daughter by offering to run errands, make meals, do laundry or care for older kids. Ask your daughter how you can help.
- 8 Watch for hunger signs in your grandbaby. When you see those signs, bring baby to mom for feeding.
- 9 Defend your daughter's choice to breastfeed. Not everyone will understand her choice to breastfeed. You are her first line of defense against negative comments or people who try to discourage her from breastfeeding.
- 10 Let her know how proud you are of her and what a great mother you think she is becoming. Your words mean the most!



Benefits For Baby



Breastfeeding is the healthy choice for babies. Breastfeeding protects baby from:

- Ear infections
- Allergies
- Diarrhea
- Asthma
- Frequent colds and illnesses

Later in life, breastfed babies have higher IQs and are *less likely to be obese and develop diabetes.*

Breastfeeding Benefits For Your Daughter and Grandbaby

Breastfeeding is the traditional way. By choosing to breastfeed and follow tradition, your daughter is making sure both she and your new grandbaby stay healthy.



Benefits For Mom



Breastfeeding helps keep mom healthy too. Breastfeeding moms:

- Recover from childbirth more quickly
- Lose the baby weight faster
- Lower their risk of developing:
 - Breast cancer
 - Osteoporosis
 - Diabetes

Hunger Signs



Watch for signs your grandbaby is starting to get hungry. It is easier to latch when baby is showing early hunger signs; latching and feeding a crying baby can be challenging.

Early signs to look for that show your grandbaby is getting hungry include:

- Getting restless
- Sucking on her hands or fingers
- Making smacking noises with her lips
- Turning her head and opening her mouth as if she is looking for the breast.

You can help your daughter by bringing baby to her to breastfeed when you see these early hunger signs.

Breastfeeding Is Traditional



breastfeeding
Following Tradition Works
for Working Women



“When a mother nurses her baby, she is giving that child her name, her story and her life’s song. A nursed baby will grow to be strong in body, mind and spirit”.

Annie Kahn from Round Rock,
Traditional Wisdom



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