

How You Can Help:



Many grandmothers today did not breastfeed their children. When we were young moms many physicians thought that formula was equivalent to breast milk. We know differently now.

- If you don't have experience, learn about breastfeeding. Ask to borrow some of Mom's books.
- Support the new parents as they learn to care for their baby. It's their turn to make the decisions now. Sometimes that means biting your tongue.
- Give your child time and space as they transition into parenthood.
- Ask Mom & Dad what would be most helpful.
- Offer to grocery shop, do laundry, vacuum, dust, play with other children so Mom can nap or have a bath.
- Bring a meal when you come to visit or help stock the freezer with easy to prepare foods.
- Please give advice only if asked for it.
- Enjoy your new role, Grandma!



Grandma 2 Grandma

Let's Chat

Getting More Info:

Websites:

www.la lecheleague.org
www.kellymom.com
www.breastfeedingonline.com
www.CAPPACanada.ca

Books:

[Becoming A Grandmother](#)
Sheila Kitzinger
[Dr. Jack Newman's Guide to Breastfeeding](#)
Dr. Jack Newman & Teresa Pitman
[The Womanly Art of Breastfeeding](#)
LaLeche League International



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A Grandma's Brief Guide to Breastfeeding in the 21st Century

Some things never change!

Becoming a grandmother is probably one of the peak moments in a woman's life, but it can be a difficult time for us too. Many of us find that we are NOT the image we had of "a grandmother" when we were younger. We may not be quite sure how to cope with some of the feelings that "being a grandmother" brings. That's ok. It may take time for this new role to develop just like you had to learn to be a "mom."

The arrival of a new baby shifts the roles of all family members. This tiny baby can even be a bridge to healing relationships that may be strained.

As a mom we always want what is best for our children. Your "child" wants the very best for your precious new grandchild, that's why they have decided to breastfeed! Be very proud of the commitment made to the health and well-being of this baby!



Your support is one of the very best gifts you can give to your child and grandchild.

Some things have changed:

- Infant feeding is not just a matter of preference, breast milk is clearly superior to formula.
- Breastfed babies are fed when they show signs of hunger, not on a schedule.
- Breast milk is vital to the health and development of premature babies.
- It is recommended that babies sleep on their backs to help prevent Sudden Infant Death Syndrome (SIDS).

Myths about breastfeeding:

"Many women don't produce enough milk to feed their baby." Most women produce plenty of milk and can even breastfeed twins or triplets. Sometimes she just needs good information to help her.

"Breastfeeding hurts." While there may be some tenderness initially, if there is pain Mom needs to ask for help from a lactation consultant or her health care provider to learn how to fix the situation.

"Modern formulas are the same as breast milk." Just not true! Breast milk is a living substance that changes as the baby grows. There are many "ingredients" in breast milk which provide protection from disease and promote healthy brain and eye function that are not available in formulas.

"Babies need to learn to take a bottle right from the beginning." Many babies will learn to drink from a bottle eventually, but until breastfeeding is well established it is better not to use a bottle. If bottles are used it is best to use expressed breast milk to feed the baby rather than formula.

"There is no way to know how much the baby is drinking." Yes and no. We can't tell the number of ounces, but if the baby is gaining weight, and has an appropriate number wet and soiled diapers daily then they are getting enough. With a bottle we are tempted to encourage the baby "finish it" and this leads to over-feeding and possibly to obesity.

"Babies who get cereal or other food before bedtime will sleep better." In fact, it's possible that the baby will not sleep as well since his digestive system is not ready for anything other than breast milk and he may have an upset stomach or gas.

"Moms have to be really careful about what they eat while breast feeding." Most mothers find that they can eat and drink most things in moderation. If there is a family history of food allergies Mom may want to talk to a lactation consultant for advice.



Top Ten Facts:



1. Breast milk is the perfect food for babies. It is easily digested and nutritionally ideal for the age of the baby.
2. Breast milk provides antibodies and other substances that are not available in artificial baby milk (formula).
3. Breast milk is economical and always ready. Recent estimates for formula alone, not counting the bottles and other paraphernalia, for one year is around \$2000. Breast milk has no added cost.
4. Babies who are breastfed are smarter than their formula-fed counterparts. Studies suggest that their IQ is around 10 points higher.
5. Babies who are breastfed are healthier than their formula fed counterparts. They have fewer illnesses and ear infections in the first year. Mothers produce antibodies that protect babies from many illnesses.
6. Babies (and their diapers) smell better when they are breastfed.
7. Breastfeeding may help protect the mother from breast and ovarian cancer as well as osteoporosis.
8. When babies set the pace for feeding they may want to eat as often as every hour and may nurse for as little as 10 minutes or for a long time, but they never overeat.
9. Breastfeeding helps reduce pollution—no cans or bottles, less air pollution from transportation, no processing by-products.
10. According to Health Canada, "Exclusive breastfeeding is recommended for the first six months of life, as it provides all the nutrients, growth factors and immunological components a healthy term infant needs. Infants should be introduced to iron-rich foods at six months with continued breastfeeding for up to two years and beyond."