

What else can I do to help?

Supportive grandparents can make a real difference to a new breastfeeding mom. Practical help with cooking, shopping, cleaning and laundry will make such a difference, letting her rest and giving her more time to spend feeding the baby. Also try to:

- be sensitive to her feelings
- avoid giving advice but do listen to her concerns
- encourage her to keep going with breastfeeding and get help if needed
- remind her what an important thing she is doing and how proud you are of her



What if she needs to breastfeed when we are with other people or out shopping?

Mothers have the right to breastfeed anywhere, anytime. This right is protected by the Canadian Charter of Rights and Freedoms. No one should be asked to leave, cover up or move to a more private space while breastfeeding in public.

You can support her by sitting with her and chatting to her while she is feeding.

To read or download the Grey Bruce Breastfeeding Friendly Business Toolkit, a guide on how businesses can make their establishments more welcoming to breastfeeding families, visit: www.publichealthgreybruce.on.ca



Where can I get more information and support with breastfeeding?

Visit www.publichealthgreybruce.on.ca to find breastfeeding supports throughout Grey and Bruce.

- Call Telehealth Ontario for 24 hour telephone breastfeeding support offered by a Registered Nurse at 1-866-797-0000 or TTY 1-866-797-0007
- To search for breastfeeding services in Ontario visit <http://ontariobreastfeeds.ca>
- To find public health units in Ontario visit www.ServiceOntario.ca



Supporting a mother to breastfeed her baby will help them both lead healthier lives.



Grey Bruce Health Unit
101 17th Street East, Owen Sound ON N4K 0A5
1-800-263-3456 or 519-376-9420
www.publichealthgreybruce.on.ca



Find us on:

Adapted with permission from the Public Health Agency, Northern Ireland.

A Grandparent's Guide to Supporting Breastfeeding



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Congratulations! You are about to become a grandparent or perhaps your grandchild has just been born. This leaflet is for grandparents like you who want to support a daughter or loved one who has decided to breastfeed. It will try to answer some questions or concerns you may have.

Your own children may not have been breastfed, perhaps there wasn't much support and formula feeding is what most families did then. We know a lot more now about why breastfeeding is important in giving a child the best possible start in life. The number of women choosing to breastfeed is increasing and there is also better support for mothers.

Is breastfeeding really better than formula feeding?

Formula cannot protect a baby from illness the way that breastfeeding can. Breastmilk has everything a baby needs for the first six months and, as well as being the perfect food and drink, it is also like medicine for babies because it has important nutrients, antibodies and hormones which can only be found in the mother's own milk. Research shows that breastfed babies need fewer visits to healthcare providers and the hospital and have lower risk of:

- ear, chest, stomach, kidney and urinary infections
- asthma and eczema
- childhood diabetes and obesity
- Sudden Infant Death Syndrome (SIDS)

Mothers who breastfeed are at lower risk of:

- breast cancer
- ovarian cancer
- heart disease



How will I know the baby is getting enough milk?

Most women can produce enough milk to fully breastfeed their babies. You don't need to see exactly how much the baby is getting, but you will know that the baby is getting enough milk if, by a week old, they are:



- having six heavy wet diapers a day with clear or pale yellow urine
- having several soft, yellow soiled diapers a day
- calm and satisfied after feeds
- starting to gain weight

My grandchild seems to be feeding all the time, is this normal?

Getting a good milk supply going involves breastfeeding when the baby shows the first signs of wanting to feed and allowing the baby to decide they have had enough. This is known as 'baby-led' feeding. Babies can't tell the time so strict routines and feeding schedules are not helpful and will make breastfeeding difficult for both mother and baby.

It is expected that babies will feed at least 8 times in a 24 hour period and each feed may have a different gap of time in between. Sometimes the baby will want to have lots of feeds close together and this is quite normal. Most babies will still need to feed at least once during the night for many months.

I'm worried that breastfeeding seems to be painful for the mother of my grandchild.

Breastfeeding is a new skill, which can sometimes take time to get right. Pain is usually a sign that the mother needs help getting the baby well positioned and latched for breastfeeding. Encourage her to ask for help from her midwife, healthcare provider or a lactation consultant.

Information on how to help the baby latch well to the breast and telephone numbers of where to get help can be found under the breastfeeding section of the website www.publichealthgreybruce.on.ca

If I can't give the baby a bottle, how will I get to know my new grandchild?

It's not helpful to suggest giving a bottle of formula as this can reduce the mother's milk supply. There are other things you can do to feel close to your grandchild, such as burping, changing diapers, bathing, soothing and cuddling the baby.



"In my day not many moms breastfed, but I can now see the benefits for my grandchildren and I'm glad to help any way I can."