

## How you can help

- Support and encourage your daughter/daughter in law in her choice to breastfeed
- Do not give your grandchild any other food or drink
- Help your daughter/daughter in law with other baby care such as bathing and nappy changing so that she can rest and breastfeed baby
- If you are worried that your grandchild is unwell or not getting enough milk, talk to a midwife, nurse or doctor

Picture

## Resources

World Health Organisation website:  
<http://www.who.int/topics/breastfeeding/en/>

UNICEF website:  
<http://www.unicef.org.uk/BabyFriendly/Resources/Resources-in-other-languages/Chinese-leaflets/>

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## Breastfeeding information for grandparents



## Breastfeeding

- Breastfeeding is the normal healthy way to feed babies
- Breastfeeding reduces childhood illnesses such as colds, tummy upsets, urine infections, ear infections and asthma.
- Breastfeeding reduces the chance of being admitted to hospital in the first year of life.
- Breastfeeding reduces the risk of developing diabetes and heart disease in later life.
- Breastfed babies tend to succeed better at school
- The World Health Organisation recommends **exclusive breastfeeding** for the first six months

## Exclusive breastfeeding

Exclusive breastfeeding is giving only breastmilk and not giving other food or drinks to the baby.

Exclusive breastfeeding increases the likelihood of breastfeeding successfully.

## Mixed feeding

Formula and foods introduced before six months can cause diarrhoea and allergies.

Giving baby formula, water or other foods upsets the breastfeeding cycle and can reduce the amount of breastmilk produced.

Mixed feeding should only be started on the recommendation of a doctor, midwife or lactation consultation.

## Breastmilk is enough

You may worry that your new grandchild is hungry and other food is needed.

The first milk (Colostrum) contains vital nutrients and antibodies that are essential for baby, and this is all that is needed in the first few days.

A newborn baby has a stomach the size of a cherry - it holds about 5 - 15mls of breastmilk.



*Approximate size of baby's stomach*

In the first few days baby will want to feed every 2-3 hours - this is normal behaviour. Frequent breastfeeding encourages more milk to be made.