



### **But I don't know anything about breastfeeding!**

In the past, formula use was common so it is natural to feel unsure about breastfeeding. By learning more about breastfeeding, you can help your grandbaby get off to a healthy start. Times have changed and medical knowledge has increased. Doctors now recommend breastfeeding because of the health benefits.

### **How can I get involved?**

- Burp the baby during feedings.
- Hold, cuddle and bathe the baby.
- Take the baby for a walk.
- Change the diapers. Diapers of breastfed babies don't smell bad!
- Learn more about breastfeeding so you can help mom.
- Tell mom she can make enough milk and she is doing a good job.
- Let mom know you are proud that she is doing what is best for your grandchild.
- Support mom by caring for the other children, helping with cooking, cleaning, etc.

## **Pennsylvania WIC Program**

# **WIC & YOU: MAKING HEALTHY CHOICES TOGETHER**

The **WIC** Program is a health and nutrition program for women, infants and children under age 5 with low to moderate income. Many working families qualify.

- Healthy Food**
- Good Nutrition**
- Genuine Caring**

**WIC** is something good you can do for your family now that will last a lifetime.

**1-800-WIC-WINS**  
**www.pawic.com**



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# *Grandchild on the Way?*

## *Congratulations!*

You will soon be showering gifts on your little bundle of joy.

There is a special kind of gift that you give your grandbaby ...a healthy start in life.

By helping mom to succeed at breastfeeding, your grandbaby receives important health benefits that last a lifetime.

## Why is breastfeeding best for mother and child?

- Nursing stimulates brain growth. Breast milk helps the baby's IQ reach full potential.
- Fewer doctor visits are needed. Breast milk lowers risk of allergies, asthma and infection.
- There is less risk of being overweight as a child.
- Saves money. Formula from **WIC** runs out. Each month mom will need to buy more. Breast milk is free!
- Helps mom stay calm and bond with the baby. The hormones produced during breastfeeding help mom to relax.
- Protects mom against excessive bleeding after delivery and reduces the risk of cancer.



## What if I want to take my grandchild out or have to babysit?

You can feed the baby breast milk from a bottle, cup or spoon. Here's how...

- Let mom breastfeed without any bottles for the first 2 to 4 weeks so she can make plenty of milk.
- Ask **WIC** how mom can get a breast pump. **WIC** will show her how to use it and how you can store milk in the freezer. Breast milk is easy to handle.



- Now you have mom's milk to feed your baby in a cup or bottle. Some babies take bottles better when mom is not around.



## How can I be sure the baby is getting enough and that the milk is good?

Newborns are getting enough to eat if they are gaining weight and having dirty diapers. Mom can make plenty of milk by nursing as often as the baby wants to.

Newborns need to nurse every 1½ to 2 hours. The more often the baby nurses, the more milk mom makes. If mom gives formula, she will make less milk. Encourage her to breastfeed without giving any formula so she can make plenty of milk.

Mom's milk will look thin. That is normal. Breast milk is designed to be easy on the baby's tummy. Mom's milk is good no matter what she eats. Many medicines are safe while nursing.



## What if mom gets too tired?

The first six weeks are tiring for mom whether she breastfeeds or uses formula. You can support her by helping around the house.



*"Thanks Grandma!"*

