



# Working Together Makes Breastfeeding Better

Tips for Grandparents in  
Newfoundland and Labrador

Infant feeding practices have changed over the years. More and more families in Newfoundland and Labrador are breastfeeding. As a grandparent, your support can have a positive effect on your family's breastfeeding success.



## Why is Breastfeeding Important?

It is the only food baby needs until they are six months old. Breast milk has everything babies need to grow and develop. Health Canada recommends breastfeeding up to two years and beyond.



### For women:

- Lowers the risk of breast and ovarian cancer, osteoporosis, type 2 diabetes, and postpartum depression.
- Helps to control bleeding after birth.
- Makes feeding quicker and easier. Breast milk requires no preparation. No need to boil water, sterilize, or heat bottles. It is always at the right temperature and ready when baby is hungry.

### For babies and children:

- Protects against ear and lung infections, diarrhea, asthma, and other illnesses.
- Promotes healthy brain development.
- Lowers the risk of certain types of childhood cancer, diabetes, Sudden Infant Death Syndrome (SIDS), and obesity later in life.

# Support Your Family



Every mother and baby learn how to breastfeed together. Your encouragement and support can influence your family's breastfeeding experience. Your family may look to you for information, reassurance, or support. Some tips are to:

- Respect the parents' decision to breastfeed.
- Help mom feel comfortable breastfeeding around you and others. You can support her by sitting and chatting with her while baby is feeding. Remember, it's a mother's right to breastfeed anywhere, anytime!
- Help boost parents' confidence with breastfeeding. In moments of doubt, offer your encouragement.
- Be sensitive. Listen to the parents' needs and concerns. Ask how you can help. Offer advice if asked.
- Offer help with daily chores such as cooking, cleaning, shopping, laundry, and looking after the other children.
- Be aware of breastfeeding supports in your community. A list of local support services can be found at [babyfriendlynl.ca](http://babyfriendlynl.ca)

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## Spend Time With Baby

As a grandparent, there are a lot of different ways that you can bond with the baby. Offer to:

- Give the baby a bath.
- Take the baby for a walk.
- Cuddle with the baby.
- Read, talk, and sing to the baby.
- Change the baby's diaper.
- Hold the baby skin-to-skin, with the parents' permission.

