



Grandparents

Congratulations!

Your grandchild gets the best possible nutrition because he/she is getting mother's milk. Mother's milk provides everything your grandchild needs. Breastfed babies nurse frequently because babies' tummies are small, about the size of a walnut shell, and this small amount of milk digests in about two hours. It is very rare that a mother truly cannot make enough milk for her baby. Your support is very important for the mother and father of your grandchild.

Here are things you can do to help:

- Bring baby to mom to feed.
- Get water or snacks for mom.
- Help with household chores like laundry, cooking, cleaning, or grocery shopping.
- Care for other children and pets in the house.
- Ask mom what she would like you to do for her and the baby.
- Praise mom for doing a great job.
- Bathe the baby.
- Hold, talk to, and rock the baby.
- Burp the baby.
- Change the baby's diapers.