Support Your daughter

So your baby is having a baby.

Becoming a grandparent can be one of life's most rewarding experiences. You've raised your children, yet you still have lots of love to give. And you have a wealth of knowledge and experience about child rearing to pass on to your daughter. Supporting your daughter's efforts to breastfeed is one important way you can make the most of your role.

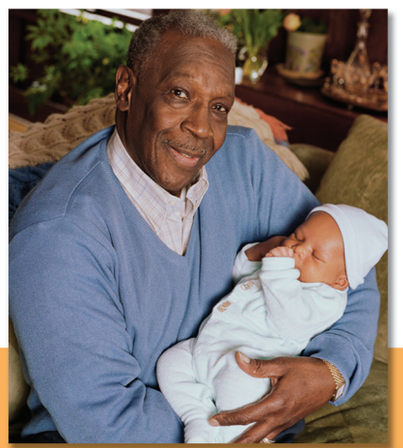
What your daughter should know about breastfeeding.

- It's the healthiest choice for feeding her baby.
- It helps the baby to grow at a normal pace.
- It promotes bonding.
- It reduces medical bills.
- It contains 100% natural ingredients.
- It helps her uterus shrink more quickly.
- It helps Mom lose weight faster.
- Breastfeeding fights infection.
- It keeps the baby healthier, reducing the risks of obesity, diabetes, and other diseases.

Grandparents can be a major source of support.

Breastfeeding can be challenging at first. Below are some of the ways in which you can support your daughter in her efforts to breastfeed your grandbaby!

- Encourage and support your daughter's decision to breastfeed.
- Share your positive experiences and thoughts about breastfeeding.
- Assist your daughter with feeding techniques.
- Encourage her to get help with breastfeeding if she needs it.
- Provide consistent babysitting support.
- Help with household chores.
- Encourage prenatal doctor visits.
- If your daughter pumps, bottle feed your grandbaby the breastmilk.



Remind your daughter that breastfeeding is beautiful. Help her give your grandchild the very best. It's the natural thing to do!

My grandbaby is an extension of my life, so I want to support my daughter all I can!

"I did not breastfeed ... but, oh, how I wish I had ... I missed a lot of work and spent hours in the emergency room with two sick babies ... If I could do it all again, breastfeeding would be my only choice. I encourage my daughter to breastfeed. It's healthier for the baby and has many benefits for the mom, too!"

—Grandma

Support, protect,
love, and nurture.

African-American Breastfeeding Alliance
1 (877) 532-8535
Monday–Friday, 8:00 a.m.–5:00 p.m.
<www.aabaonline.com>

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