



North East and North Cumbria
Local Maternity System

BREASTFEEDING INFORMATION FOR GRANDPARENTS





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Today we know more about the importance and benefits of breastfeeding. With a little help from you, your family can have a better breastfeeding experience.

As a new grandparent of a breastfed baby you have just been given a wonderful opportunity. Your attitude to breastfeeding can make a real difference to the new parents and baby. If you are supportive, offer encouragement and praise you will be contributing to a positive breastfeeding experience.

VALUE OF BREAST MILK FOR BABY

Breastmilk is special: it is nutritionally balanced and tailor made to meet each baby's individual needs. It is easily digested and efficiently used by the baby's body. It contains many nutrients necessary for optimal growth and is a living fluid containing antibodies which protect your grandchild against infections such as:

- ♥ Sickness and Diarrhoea
- ♥ Chest infections
- ♥ Ear infections
- ♥ Urine infections

Breastfeeding also reduces baby's chances of developing eczema, other allergies and more serious illnesses like childhood diabetes

Research suggests that breastfed babies:

- ♥ have better mouth formation with straighter teeth
- ♥ are less likely to be obese as they grow older.



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Now you know why breastfeeding is so good for both parent and baby. You might also like to know:-

- ♥ Breastmilk is supplied as baby requires it. The more a baby feeds, the more supply will increase. It is important they feed whenever they seem hungry e.g. if they are rooting, finger sucking. Crying is a babies last resort to show they are hungry. **(More feeding = more milk)**
- ♥ Breastmilk digests easily and babies do feed often.
- ♥ A new-born usually feeds between 8-12 times in 24 hours. This is normal and it does not mean they are starving, it means they are doing what they are supposed to do. Frequent breastfeeding will not spoil a baby or lead them to be a 'needy' child. Being close to parents helps them feel secure.
- ♥ Introducing bottles and dummies to the baby in the early weeks can make it more difficult for them to learn how to feed at the breast.
- ♥ Breastmilk contains all the nutrients a baby needs for the first six months of life. The composition of breastmilk changes according to the baby's needs so they don't require any additional fluids/foods.
- ♥ A baby waking at night is more common than a baby sleeping through during the first year

This link will help you find out more :

<https://abm.me.uk/breastfeeding-information/grandparents/>



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USEFUL WEBSITES

UNICEF - Information on breastfeeding, bottle feeding, feeding a preterm baby, feeding twins and multiples, Expression and storage of breastmilk:

www.unicef.org.uk/BabyFriendly/Parents/

For information in several different languages:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/>

NHS Choices :

<http://www.nhs.uk/conditions/pregnancy-and-baby>

Best Beginnings - You can watch the films at:

<http://www.bestbeginnings.org.uk/watch-fbtb>

Breastfeeding support:

www.abm.me.uk

www.breastfeedingnetwork.org.uk

Drugs in Breastmilk information and fact sheets:

<https://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/>

If you have specific questions about medications or treatments, you can message the Drugs in Breastmilk information service [Facebook page](#) or email

druginformation@breastfeedingnetwork.org.uk

Formula Milk and information on mother and infant nutrition:

First steps Nutrition

<https://www.firststepsnutrition.org/>

<https://www.firststepsnutrition.org/infant-milks-overview>

<https://www.firststepsnutrition.org/parents-carers>



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HELPLINES

These helplines are all run by trained volunteers.

National Breastfeeding Helpline - 0300 100 0212 (available every day, 9:30am to 9:30pm).

www.nationalbreastfeedinghelpline.org.uk

In Bengali/Sylheti 0300 456 2421; in Tamil, Telugu and Hindi 0300 330 5469

NCT Breastfeeding Line - 0300 330 0771 (available 8am to midnight)

www.nct.org.uk

La Leche League 0345 120 2918 (This is open from 8am to 11pm, 365 days a year). www.laleche.org.uk