

Use the following links or quick response (QR) codes to visit these helpful websites!

- How to Breastfeed booklet including diaper diary:
https://odh.ohio.gov/wps/wcm/connect/gov/dc2f6846-a593-446c-a9de-8289e8b2f0ae/How-to-Breastfeed.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18-M1HGGIK0N0JO00QO9DDDDM3000-dc2f6846-a593-446c-a9de-8289e8b2f0ae-mkfXGUy



- KellyMom website page for grandmothers:
<http://kellymom.com/blog-post/aplinks-grandparents/>



- From Le Leche League (LLL) Newsletter:
<http://breastfeedingtoday-llli.org/letter-to-support-my-sister/>



Be Their Breastfeeding Champion!

The birth of a baby is a very exciting time for everyone. You play an important part in breastfeeding success!



You Are Valuable

Your role in mom and baby's lives will be unique. You can be their supporter, protector, teacher, and friend. Here are some ways you can help:

- Listen to mom and ask how you can assist her.
- Encourage and give positive praise — your words are powerful.
- Help with meals, chores, and errands.
- Limit distractions so mom and baby can spend quality time together.
- Cuddle or have skin to skin time with baby if mom needs a break.

Your relationship with mom and baby is very important. Your efforts during this time will be remembered and appreciated for years to come.

Breastfeeding Matters

There are a lot of benefits for everyone when mom and baby breastfeed:

- Reduced risk of Sudden Infant Death Syndrome, obesity, asthma, allergies, dental issues, and other health problems for baby
- Decreased risk of anxiety, depression, heart attack, stroke, breast and ovarian cancer for mom
- Better speech and muscle development for baby
- Less environmental waste
- Saves money
- Joy for you in seeing mom and baby succeed

Breastfeeding is very important and takes a team effort. Knowledge is power – learn as much as you can about breastfeeding.



What to Expect

You can help mom notice baby's feeding cues. A crying baby is harder to nurse.

Watch for the early signs of hunger:

- Smacking lips
- Bringing one or both hands to mouth
- Moving head from side to side
- Making fussy sounds

Common signs of fullness:

- Opening or relaxing arms, hands, or fingers
- Turning head away
- Closing mouth
- Falling asleep

Baby needs to breastfeed at least 8-12 times in 24 hours. Sometimes babies like to nurse for comfort and to be close to mom. This will not overfeed or spoil the baby.

Did You Know?

- A baby who is getting enough to eat will have good growth and plenty of wet and dirty diapers. Help mom keep track of wet and dirty diapers in the first few weeks.
- Mothers are more likely to breastfeed if they have the support they need. You can help explain breastfeeding to others and assist mom when she needs encouragement.
- The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months.
- Breastfeeding burns calories and may help mom lose weight.
- Your local WIC office is available to help answer any breastfeeding questions.



You are valuable. With your help and support, mom and baby will have a positive breastfeeding experience.