Tips on how Grandmas can support Moms with breastfeeding!

Grandmother’s support can have a powerful effect on breastfeeding. Grandmothers that are in tune with their daughters (and sons) can greatly reduce stress and promote rest; all things that will help make breastfeeding easier.

Here are some tips for Grandma:

1. Give encouragement to keep breastfeeding, even if challenges arise, whether you breastfed or not. Always remember, your words are powerful. “I’m so proud of you!” goes a long way and means a lot to parents.
2. When you’re at a loss for what to do remind mom and dad to call their breastfeeding support person. Keep the number handy for them.
3. Stay with Mom for extra support for the first few days after delivery, especially if Mom is having a hard time getting around.
4. If mom needs to have a consultation with her breastfeeding support person, accompanying her will make a huge difference because you can remember the instructions she was given while helping her once she comes home.
5. Hold the baby while Mom showers, eats a meal, or gets some sleep.
6. Help older children feel special and important during this time of change by giving them attention and praise (and noticing problems before they arise). Grandmother’s hugs and kisses make everyone happy!
7. Help Mom and Dad cook, take care of household chores and errands.
8. Comfort Mom if she feels pressured to host visitors by limiting guests and encouraging her to rest and concentrate on breastfeeding in the early days after delivery.