



## Your Grandchild Is Breastfed?

### *Here's what's new about breastfeeding a baby:*

New research has shown that breastfeeding is important for the baby's health and development and for the mother's health, both now and in the future. It's even good for the environment.

Research has found that breastfeeding works best when the baby is fed in response to hunger cues, not on a schedule. That's usually quite frequently, especially in the beginning. Fortunately, you can't feed too often.

Sore nipples aren't an expected part of breastfeeding; they are a sign that something isn't quite right. With some expert help, the mother should soon be breastfeeding comfortably.

Most medical experts, including the American Academy of Pediatrics and the World Health Organization, recommend that babies be breastfed exclusively—no formula or solid foods—for six months or so, and continue breastfeeding with solid foods added to their diet into these toddler years—even two years or more.

Much of this may be different from what you learned when you had your own babies.

### *But guess what hasn't changed?*

New mothers still need lots of help, lots of support, and lots of loving family members around to prepare meals or throw in a load of laundry. They need people to be patient with them as they figure out both breastfeeding and motherhood. And babies still need their grandparents to love them. Your practical help and support are a golden investment in your grandchild's future, and in your lives together.