



HUTT maternity

Hutt Valley Maternity Care

Breastfeeding information for Grandparents

Information for women

We would like to acknowledge Waitemata District Health Board for allowing us to localise their document.

Breastfeeding

- Breastmilk is the ideal for babies
- Breastfeeding reduces childhood illnesses such as diarrhea, asthma, and ear infections and reduces the chance of babies being admitted to hospital in the first year of life
- Breastfed babies have a higher IQ
- The World Health Organisation recommends exclusive breastfeeding for the first six months

Exclusive breastfeeding

Exclusive breastfeeding is giving only breastmilk and not giving other food or drinks to the baby.

Women who breastfeed exclusively have fewer breastfeeding problems and healthier babies, and breastfeed for longer

Well baby checks

Baby will be checked by a midwife, a Plunket nurse or other Well Child providers who will give continued advice on feeding.

Mixed feeding

Giving the baby breastmilk substitutes such as formula or water upsets the breastfeeding cycle and can reduce the amount of breastmilk produced.

Giving formula introduces foreign proteins that can cause stomach upset, diarrhoea and allergies.

Breastmilk is enough

You may worry that your newborn grandchild is hungry and other food is needed.

A newborn baby has a stomach the size of a small walnut that holds 7 -15mls of colostrum.



Approximate size of a newborn baby's stomach

Only very small amounts of breastmilk are needed in the first few days.

As baby grows he/she will feed more frequently and this stimulates the body to make more milk. If a baby breastfeeds often the amount of milk made will increase.

How can you help?

- Support and encourage your daughter/daughter in law in her choice to breastfeed
- Even small amounts of the first milk (colostrum) contain vital nutrients and antibodies that are essential for the baby
- Do not give your grandchild any other food or drink

- Expect that in the first few days the baby will be wanting to feed every 2-3 hours, this is normal behaviour
- Help your daughter/daughter in law with other baby care such as bathing and nappy changing so that she has time to breastfeed baby.
- If you are worried that your grandchild is unwell or not getting enough milk talk to a midwife or the Plunket nurse for advice.

Resources

World Health Organisation website:

<http://www.who.int/topics/breastfeeding/en/>

UNICEF website:

<https://www.unicef.org.uk/babyfriendly/what-is-baby-friendly/the-benefits-of-breastfeeding/>