



Grand Parents



Your grandchild is going to get the best possible nutrition because he/she is getting mother's milk. Mother's milk provides everything your grandchild needs. Breastfed babies nurse frequently because babies' tummies are small, about the size of a walnut shell, and this small amount of milk digests in about two hours. It is very rare that a mother truly cannot make enough milk for her baby. Your support is very important for the mother and father of your grandchild.

Congratulations!

**Here are
things you
can do to
help:**

- Bring baby to mom to feed.
- Get water or snacks for mom.
- Help with household chores like laundry, cooking, cleaning, or grocery shopping.
- Care for other children and pets in the house.
- Ask mom what she would like for you to do for her and the baby.
- Praise mom for doing a great job.
- Bathe, talk to, sit, rock, or burp the baby.
- Change the baby's diapers.