

## But I don't know anything about nursing a baby!

Go with mom to the WIC office so you can learn more about it. Mom needs your help to be successful. It isn't hard to learn. You can call WIC for help.

### How can I get involved?

Burp the baby during feedings.

Hold, cuddle and bathe the baby.

Take the baby for a walk.

Change diapers. Diapers of breastfed babies don't smell bad!

Tell mom she can make enough milk and that she is doing a good job.

Let mom know you are proud that she is doing what is best for your grandchild.

Support mom by caring for the other children, helping with cooking, cleaning, etc.



## Pennsylvania WIC Program

### *Good Nutrition Today for a Healthier Tomorrow*

The WIC Program is a health and nutrition program for women, infants and children under age 5 with low to moderate income. Many working families qualify.

*Healthy Food  
Good Nutrition  
Genuine Caring*

WIC is something good you can do for your family now that will last a lifetime!

1-800-WIC-WINS  
[www.health.state.pa.us](http://www.health.state.pa.us)



The WIC Program is an equal opportunity provider and employer.

DEPARTMENT OF  
**HEALTH**  
Edward G. Rendell, Governor  
Calvin B. Johnson, M.D., M.P.H., Secretary of Health

## Grandchild on the Way?

**This is your chance to give  
your grandchild the best  
start in life.**



**Encourage mom to  
breastfeed!**

**By supporting mom's decision to  
nurse, you play a key role in  
your grandchild's health.  
Nursing a baby includes  
grandmothers too!**

## Why is nursing best for mom and baby?

Stimulates brain growth and helps the baby's IQ reach full potential.

Fewer doctor visits. Breast milk lowers risk of allergies, asthma and infection.

Less risk of being overweight as a child.

Less risk of SIDS.

Saves money. Formula from WIC runs out. Each month mom will need to buy more. Mother's milk is free!

Helps mom stay calm and bond with the baby. The hormones produced while nursing help mom to relax.



## What if I want to take my grandchild out or have to baby sit?

You can feed the baby mother's milk from a bottle, cup or spoon. Here's how...

- Let mom nurse without any bottles for the first 2-4 weeks so she can make plenty of milk.
- Ask WIC how mom can get a breast pump. WIC will show her how to use it and how you can store milk in the freezer. Mother's milk is easy to handle.
- Now you have mother's milk to feed your grand baby in a cup or bottle. Some babies take bottles better when mom is not around.



## What if mom gets too tired?

The first 6 weeks are tiring for mom whether mom breastfeeds or uses formula. You can support her by helping around the house.

## How can I be sure the baby is getting enough and that the milk is good?

Newborns are getting enough to eat if they are gaining weight and have at least 3 dirty diapers a day. Mom can make plenty of milk by nursing as often as the baby wants to.



Newborns need to nurse every 1 ½–2 ½ hours. The more often the baby nurses, the more milk mom makes. If mom gives formula, she will make less milk. Encourage her to keep nursing without giving any formula so she can make plenty of milk.

Mom's milk will look thin. That is normal. It is made to be easy on the baby's tummy. Mom's milk is good no matter what she eats. Many medicines are safe while nursing.

**Thanks for  
helping  
Grandma!**

