

Grandmothers Necklace

Introductory Activity for Grandmothers Tea

Objective

At the end of the activity, participants will

- be acquainted with other individuals present at the tea

Materials

- One bead per participant
- A container to hold the beads

Methods

- In preparation for this activity, the instructor should decide on a theme for the wishes that the grandmothers will be asked to make. The instructor may ask the grandmothers during their introductions to make a wish for this theme.

Suggestions

- Make a wish for all grandmothers today, a wish for new grandbabies today, and a wish for new moms today.
- As participants begin to arrive at the tea, invite each one to choose a bead from the container, explaining that this bead will be theirs to keep and will be used to design a Grandmother's Necklace.
- After all the participants have arrived, invite them to sit in a circle. Encourage one participant to begin the activity by introducing herself and telling the group a little about her grandchildren or expected grandchild. Then invite this grandmother to make her wish according to the theme the instructor has chosen.
- After the volunteer makes her wish, instruct the participants to pass their bead one person to the left and invite the person on the volunteer's left to share the same information with the group. Pass the beads one to the left again.
- Continue with this process until all the participants have introduced themselves. After the last introduction, have the participants pass the beads one to the left and they should end up with the bead they chose.
- Share with the participants that these are now very special beads because all the grandmothers present have made a wish over the beads and these special beads will be used later to make a necklace they may keep.

Evaluation Question

Can you name one person sitting next to you?



Grandmothers Apron

Objective

At the end of the activity, participants will

- be able to name two advantages of breastfeeding
- agree that breastmilk and formula are not the same

Materials

- Apron with several large pockets
- Items to designate advantages of breastfeeding (See suggestions below)
- Glass canning jars – 1 per group of 4
- Small pieces of blank paper – number of pieces should match the number of advantages discussed and there should be that same number for each group (example: 15 advantages discussed, 15 pieces of paper per group)
- Pens or pencils – one per group
- Optional: Small prizes for winning group, perhaps something with a culinary theme
- Glass canning jars – 1 per group of 4

Suggestions

- Hanky – Reduced respiratory illnesses
- Piece of candy – Reduced incidence of diabetes
- Toy syringe – Baby's first immunization
- Toy otoscope or Q-tip – Reduction in ear infections
- Fake teeth or toothbrush – Fewer cavities; less likely to need braces
- Small figurine or picture of mother and baby - Enhanced bonding
- Play money – Saves money
- Watch – Saves time
- Pink ribbon – Reduction of breast cancer for breastfeeding woman and breastfed baby girl
- Condom – Exclusive breastfeeding enhances birth control
- Tampon – Reduction in postpartum bleeding
- Belt – Quicker return to prepregnancy weight
- Diaper – Reduction in diarrhea, stools do not have odor
- Plastic skeleton or bone – Reduction in osteoporosis
- Small kitchen scale – Reduction in obesity



- Roloids – Reduction in GI illness
- Picture from Make-A-Wish Foundation – Reduction in some childhood cancers
- Plastic fruit – Provides all the nutritional needs of the infant for 6 months
- Paper graduation cap or diploma – Increased IQ
- Dollhouse crib– Reduction in incidence of SIDS or “crib death”

Methods

- Introduce the activity by talking about special foods grandmothers make. Ask participants to think about the wonderful memories those special foods evoke.
- Inform the grandmothers that you want to talk about a very special food for babies. It is a food babies love, a food they are craving from the moment of birth. Share with grandmothers that although they can't make this food for their grandbabies, these grandmothers can be helpful in ensuring that their grandbabies receive this very special food – breastmilk.
- Discuss that many people today think formula is as good as breastmilk, but we will discuss all the wonderful benefits of breastfeeding that formula does not have.
- Pull items from the pockets of the apron and discuss each benefit of breastfeeding. (The benefits can be grouped into baby and mother benefits. If all the baby benefits are discussed first, then the grandmothers can be informed that moms often don't realize there are many mother benefits to breastfeeding, too. Then mother benefits can be shared.)
- When all the items have been pulled from the pockets, invite the grandmothers to share some things they might have heard about the benefits of breastfeeding that might not have been mentioned.
- Discuss with the grandmothers the fact that these “benefits” of breastfeeding are actually risks to formula feeding, so that babies who are formula fed have more illness and disease.
- After discussion, ask the grandmothers to form groups of four. Distribute to each group, a pen or pencil, a glass canning jar and pieces of blank paper. Instruct the grandmothers that they are to write on the papers the benefits that were represented by items in the apron. Instruct them to write one benefit per piece of paper and place these papers in the jars.
- After several minutes or when one group has listed all the benefits, call time. The group having the most benefits in their jar wins. (A creative label for the glass jars might be a nice extra – like “Secret Recipe”.)

Evaluation Question

Can you name two benefits of breastfeeding?



Grandmothers Phone Tree

Objective

Objectives: At the end of the session, participants will

- agree that some of the information women share regarding breastfeeding is outdated and incorrect
- be able to identify statements regarding breastfeeding as true or false

Materials

- Cards with phone conversation scenarios
- Toy cell phones – one per group of 5 participants or pretend to talk on the phone
- Optional: small prizes may be awarded to the winning group

Methods

- Discuss the fact that new research and knowledge has led us to understand that these myths are false. Inform the participants that women have shared old wives' tales and myths about breastfeeding.
- Invite the participants to participate in an activity that will address some of these breastfeeding myths.
- Encourage the participants to arrange themselves into groups of 5. Then explain that women often receive information from their friends via the telephone. This activity will look at some of the false information or myths about breastfeeding via telephone conversations.
- Distribute one cell phone to each group. Invite one participant to pick up the cell phone and pretend to have a conversation with the instructor. The instructor reads one of the scenarios from the cards and then asks the group to decide if the answer is true/false. The group receives one point for the correct answer.
- Move to another group and invite one participant to hold the cell phone and read another scenario. Ask this group to decide if the answer is true/false. Again, the group receives one point for a correct answer.
- Continue through the scenarios, moving from group to group. The group having the most points at the end of the exercise wins.

Optional

- Some scenarios may be omitted to reduce the length of the activity
- Scenarios may be added to meet the educational needs of the participants

Scenarios with Key Talking Points

Hi,

Yesterday morning I became a new grandmother. Cindy and the baby are doing great. My granddaughter likes to nurse a lot and Cindy is afraid the baby isn't getting enough breastmilk because her milk hasn't come in yet. I told her not to worry because the milk she has now is special and the baby will get plenty until her milk supply increases.

(Is it T/F that mothers have enough milk for their babies in the first days of breastfeeding,



before their milk supply increases?)

Answer: True

Talking Points:

Importance of colostrum

- Size of infant's stomach
- Negative impact of supplementation on breastmilk production

Hi,

My daughter, Sally, is pregnant and I am so excited. She wants to breastfeed, but I am worried. I don't think she will have enough breastmilk because I didn't when I tried to nurse Sally.

(Is it T/F that a woman will not make enough breastmilk for her baby if her mother was unsuccessful at breastfeeding?)

Answer: False

Talking Points:

- Ability of most women to make milk
- Historical lack of supportive breastfeeding practices

Hi,

Jack's girlfriend, Franny, wants to breastfeed and all her friends are telling her that breastfeeding really hurts. I have always heard that it is normal for breastfeeding to hurt for the first couple of weeks. (Is it T/F that it is normal for breastfeeding to be painful for the first week or two?)

Answer: False

Talking Points:

- Breastfeeding should not be painful; often baby needs to be latched differently
- Women should get help if breastfeeding is painful

Hi,

Thanks for calling to ask about my new grandson. He is perfect. But I am worried. Jill seems to be nursing him a lot. I told her she could spoil him if she nurses him too much.

(Is it T/F that babies can be spoiled by breastfeeding them too much?)

Answer: False

Talking Points

- Feeding patterns of normal newborns
- Frequent nursing ensures adequate milk supply

Hi,

Sherry is breastfeeding my new granddaughter and her mother-in-law is encouraging her to get the baby on a schedule. The doctor told Sherry that breastfed babies should not be breastfed on a schedule.

(Is it T/F that babies should not be breastfed on a timed schedule?)

Answer: True

Talking Points

- Normal newborn expectations
- Impact of scheduled feedings on milk supply

Hi,

Guess what? Tom's girlfriend, Patty, is pregnant. This will be my second grandbaby and I



am so excited. Patty wants to breastfeed, but Tom doesn't want her to breastfeed. He is afraid that her breasts will sag if she breastfeeds. I told him breastfeeding does not cause a woman's breasts to sag.
(Is it T/F that breastfeeding does not make a woman's breasts sag?)

Answer: True

Talking Points

- Factors that do cause women's breasts appearance to change

Hi,

I am going to be a grandmother! Sally is pregnant and she is thinking about breastfeeding. She is worried that she won't make good milk because she likes to eat junk food. I told her that women make good milk for their babies even if they don't have good diets.

(Is it T/F that woman who don't eat a balanced diet will make good milk for their babies?)

Answer: True

Talking Points

- Women who are not well-nourished make milk that is appropriate for infant growth and development
- Women should be encouraged to eat balanced diets to maintain their own health and energy levels

Hi,

Lucinda's grandbaby has colic and Lucinda is convinced that it is because the baby's mother likes to eat cabbage and spicy food. I tried to tell Lucinda that's not true. Women are encouraged to eat any foods they like when they are breastfeeding.

(Is it T/F that woman can eat whatever they like when they are breastfeeding?)

Answer: True

Talking Points

- Women are no longer advised to avoid particular foods
- Infants become accustomed to the taste of family foods via breastmilk

Hi,

Penny is pregnant with our third grandson and she wants to breastfeed. John and Bill are only 2 and 4 years old. I told her she probably won't be able to make enough milk because she won't be able to get enough rest while she is breastfeeding.

(Is it T/F that women who do not get enough rest won't make enough milk for their babies?)

Answer: False

Talking Points:

- Hormones of breastfeeding are not impacted by fatigue

Hi,

My neighbor's daughter is pregnant and she wants to breastfeed. My neighbor doesn't think her daughter should breastfeed because she smokes cigarettes. I told her that even women who smoke are encouraged to breastfeed.

(Is it T/F that women who smoke cigarettes should be encouraged to breastfeed their babies?)

Answer: True

Talking Points:

- Protective health factors of breastmilk
- Protection of infants from second hand smoke



Hi,

My son and his girlfriend were talking about having a baby the other day and they want to breastfeed their children. I want my grandbabies to be breastfed, too. But you know, Nancy, women with small breasts can't make enough milk for their babies. And John's poor girlfriend, well, she is not very well endowed if you know what I mean.

(Is it T/F that women with small breasts will not make as much milk as women with larger breasts?)

Answer: False

Talking Points:

- Size of breasts and milk production are not related

Hi,

I am going to Brenda's grandson's first birthday party. Did you know that her grandson is still being breastfed? I sure hope someone tells his mother that babies should be weaned when they are a year old.

(Is it T/F that breastfed babies should be weaned when they are a year old?)

Answer: False

Talking Points

- AAP recommendations regarding breastfeeding exclusivity and duration

Hi,

Bob's girlfriend is breastfeeding my grandson and he likes to nurse often. Sarah thinks she doesn't have enough milk. She wants to give the baby some formula because she says there is just no way to know if he is getting enough breastmilk.

(Is it T/F that there is no way to tell if a breastfed baby is getting enough breastmilk?)

Answer: False

Talking Points:

- Signs of adequate breastmilk intake

Hi,

Kate's daughter is having a hard time with breastfeeding and Kate says the baby wants to nurse a lot at night. Kate thinks she should give the baby some cereal so that the baby will sleep better.

(Is it T/F that breastfed babies should get cereal at night to help them sleep better?)

Answer: False

Talking Points:

- AAP recommendations for exclusivity of breastfeeding

Hi,

Betty's daughter-in-law doesn't think she is making enough milk for her baby. I told Betty to suggest that her daughter-in-law drink some beer to increase her milk supply. That's what they told us when we were breastfeeding our kids.

(Is it T/F that drinking alcohol will increase a woman's milk supply?)

Answer: False

Talking Points:

- Dr. Lawrence's recommendations: care providers should not prescribe alcohol

Hi,

June's daughter wants to breastfeed, but June is worried. Her daughter likes to have a glass of beer or wine sometimes with dinner and June is concerned for the baby. I told June that



women who like to have an occasional alcoholic beverage should be encouraged to breastfeed. Breastmilk is just so good for babies.

(Is it T/F that women who like to occasionally drink alcohol should be encouraged to breastfeed?)

Answer: True

Talking Points:

- Dr Lawrence's recommendations; care providers should not prescribe alcohol

Hi,

My youngest daughter is pregnant and she is in school. She wants to breastfeed, but she thinks it will be too difficult to return to school and breastfeed.

(Is it T/F that women who return to work or school cannot be successful at breastfeeding?)

Answer: False

Talking Points:

- Many women have been successful at breastfeeding and returning to work or school
- Seeking help from breastfeeding expert or peer counselor several weeks before returning to work/school

Hi,

My daughter is pregnant and she is going to breastfeed. I told her she needs to get her nipples prepared for breastfeeding. Remember how we were told to rub our nipples with a washcloth in the shower to "toughen them up"?

(Is it T/F that women need to prepare their nipples for breastfeeding?)

Answer; False

- No nipple preparation is recommended prenatally for breastfeeding

Hi,

Boy, it sure has been hot this week. My daughter is nursing and she wanted to give the baby some water. I told her that breastfed babies don't need to drink water, even when it is hot outside.

(Is it T/F that breastfed babies do not need water?)

Answer: True

Talking Points:

- Water content of breastmilk
- Water supplementation is not recommended for breastfed or formula fed infants

Hi,

Since my daughter-in-law has gotten pregnant, all she does is talk about breastfeeding. She is so worried that she won't be able to make enough milk for the baby. I told her not to worry because they have great new baby formulas on the market that are just as good as breastmilk.

(Is it T/F that the new formulas are just as good as breastmilk?)

Answer: False

Talking Points:

- Content of breastmilk compared to formula
- Common concern of breastfeeding women – insufficient milk supply

Evaluation Question:

What will you say when you hear someone discussing breastfeeding myths?



Grandmother, Help Me!

Objective

At the end of the activity, participants will

- be able to name two actions they can take to help a mother be successful at breastfeeding
- agree that they can help mothers and babies be successful at breastfeeding

Materials

- Dolls or stuffed animals wrapped in blankets - One per participant
- Scenario cards
- Beading String – enough for each grandmother to make a necklace
- Beads – groups of colors to designate the actions grandmothers can take to help make breastfeeding successful
- Bead Cards – Included in packet.
 - > “I can help my grandbaby succeed at breastfeeding” – for center of bead display
 - > Other cards to be used with colored beads

Optional: One gift for the grandmother who has the winning baby card

Methods

- Discuss the fact that many of us love to feed babies - grandmothers especially love to feed their grandbabies. But, if breastfeeding is the way babies need to be fed, what role can grandmothers play. Inform the grandmothers that the babies they are holding are going to be asking for their help so that breastfeeding can be successful.
- Ask a volunteer to begin. Inform the women that inside each blanket in which their grandbabies are wrapped is a card describing a breastfed baby that needs help.
- Invite the women to read their cards aloud or have the facilitator read the card, one at a time. Discuss how grandmothers can be helpful in the situations that are described on the cards. Optional: The grandmother who gets the card that says she has helped make breastfeeding successful wins a prize.
- At the end of the session, reinforce the fact that there are many things a grandmother can do to help breastfeeding be successful. Discuss how the helpful actions described during the activity could be categorized into general categories like educating women, praising breastfeeding women, helping with household activities and so on.
- Inform the participants that you have groups of colored beads that designate the various categories of helping actions. Invite the grandmothers to cut a length of beading string and place their first bead from the introductory activity onto the string.
- Then invite them to add beads designating the actions they can take to help their grandbabies be successful at breastfeeding. For example, if they could offer praise to the mother of their grandbaby for breastfeeding (blue bead category), they could add a blue bead to their necklace.



Suggestions for categories of beads

- Offer praise and encouragement (designate a color)
 - > Bring her a gift
 - > Send her a note
 - > Call her and praise her
 - > Tell her how proud you are of her
 - > Reassure her that she can make plenty of milk for her baby
- Make sure mom and baby have plenty of private time (designate a color)
 - > Keep visitors away at the hospital
 - > Keep visitors away the first few days mom and baby are home
 - > Be a phone contact for baby information

Help mom get rest (designate a color)

- > Help with everyday chores and activities
- > Encourage mom to hold baby skin to skin
- > Snuggle with baby while mom rests

Offer correct breastfeeding information (designate a color)

- > Do not encourage giving artificial baby milk
- > Do not encourage giving other foods until baby is six months old
- > Encourage frequent breastfeeding
- > Encourage mom to call for breastfeeding support when she needs help

Scenarios with Key Talking Points

Grandmother,

My head is buzzing from all the phone calls we are getting. Mom thinks she has to talk to everyone and then when they ask what they can do to help us out she says nothing! I really need to spend more time breastfeeding with Mom. What can you do you do to help us, Grandmother?

Talking Points:

- Screen calls for mother
- Create an answering machine message with grandmother's number as contact number for more information about the baby
- Have grandmother suggest to caller ways that they can help the new mom

Grandmother,

Mom's breasts have been making milk for 10 days now and boy are they good at it. Mom says her breasts don't feel as full as they did on the 3rd day after I was born. Let me tell you Grandmother, there is plenty of milk for me and then some. Can you help me boost Mom's self-confidence?

Talking Points:

- Natural progression of lactation
- Praising, encouraging, reassuring mother
- Signs baby is getting plenty of breastmilk
- Community resources if mother is having many doubts about breastfeeding

Oh my, Grandmother,

For some reason I just want to nurse all day today. I am doing just fine and getting plenty of milk. Maybe I am growing and just need a little boost today. Mom thinks her milk supply is decreasing. Can you help her Grandmother?

Talking Points:



- Babies have days when they want to eat more just like adults
- This is not necessarily a sign that milk supply is decreasing
- Signs of adequate milk intake
- Support and encourage exclusive breastfeeding
- Community resources if mother has concerns

Grandmother,

Mom is worried that I am not getting enough breastmilk. She wishes she could see and measure what I get at the breast so she would know for sure. She is even thinking about giving me some of that artificial baby milk. Help me, Grandmother!

Talking Points:

- Signs of adequate milk intake
- Support and encouragement of exclusive breastfeeding
- Community resources if mother has concerns

Okay Grandmother, here's the deal.

Mom is worried about when to feed me. I wish I could just say, "Hey, I'm hungry, feed me." But you know I can't do that. I am trying to tell mom I am hungry, but no one told her to watch my body language. She is missing my messages. Can you teach my mom, please, Grandmother? Oh, and by the way, Grandmother, could you remind her about keeping me close so she can see my messages, both when we are in the hospital and when we are at home?

Talking Points:

- Feeding cues
- Rooming in (at hospital and home)

Help, Grandmother!

Mom is thinking about putting me in the nursery at the hospital tonight so she can sleep. Someone has given her the idea this is her last night to get a good rest before we go home. That somebody doesn't know about moms and babies and breastfeeding. They are even trying to convince Mom that it is okay for me to get some of that artificial baby milk if I get hungry at night. Can you please talk to Mom, Grandmother?

Talking Points:

- Moms and babies actually sleep better when they are close
- Babies are night feeders
- Impact of supplements on milk supply

Grandmother,

Mommy and I have been working really hard at breastfeeding, but something is just not right. Mommy says her nipples are sore and that should not be happening! Can you help us out, Grandmother?

Talking Points:

- Breastfeeding should not be painful
- Community resources that can assist this mother

Dear Grandmother,

Even though I haven't been born yet, I want to ask you for some help. You see, as soon as I am born, I want to be held by Mommy. I want to see her face and lie in her arms, close to her heart. And, above all, I am really, really going to want to breastfeed. All that labor

is hard work! What can you do to see that nothing comes between me and the breast when I am born?

Talking Points:

- Teaching mothers about the importance of skin-to-skin care with their babies the first hours after birth
- Baby's desire to breastfeed in the first hour or two after birth
- Continuing skin-to-skin care in the next days and weeks

Let me tell you something, Grandmother!

Mommy and I need a lot of time together – holding on to each other and breastfeeding. Mom can't hold me enough when all these strange visitors are passing me around. And Mommy is too shy to breastfeed me when they are here. Please help us, Grandmother!

Talking Points:

- Encourage visitors to stay away the first few days after the baby is born
- Encourage mom to hold baby skin to skin in those first days and weeks
- While mom is pregnant, talk with her about how you can help give her private time with her baby

Grandmother,

Mom is really confused. She thinks I should be eating according to some timed schedule. Please tell my mom I don't know anything about time yet. I only know when I am hungry and when I need to breastfeed. I like to snack a lot because my stomach is really small. Mom does plenty of snacking herself. Can you help my mom understand my eating habits?

Talking Points:

- Size of infant's stomach
- Feeding clusters
- Rate at which breastmilk is digested
- Frequent feeding and milk production

Oh boy, Grandmother.

Things could go bad here. My mom's friend keeps telling Mom that I will sleep longer if she gives me some of that artificial baby milk. You and I both know that isn't the best idea. Can you help save breastfeeding for me Grandmother?

Talking Points:

- Benefits of exclusive breastfeeding
- Praise and encourage mother
- Ask mother what grandmother can do to help mom rest

Grandmother,

You are not going to believe what Aunt Millie told Mommy. She said Mommy should feed me cereal at night so I will sleep longer. You and I both know how great breastmilk is, that I won't need anything but Mommy's milk for a long time. Can you help Mommy to understand? And by the way, could you talk to Aunt Millie, too?

Talking Points:

- Benefits of exclusive breastfeeding
- AAP recommendation of no solids until 6 months

Grandmother,

What is with these adults! They keep telling Mommy she will spoil me by picking me up



and breastfeeding me. I think they are just jealous – what do you think, Grandmother? Don't they know if Mom lets me breastfeed a lot now, she will have plenty of milk for me? Please help her Grandmother!

Talking Points:

- Frequency of feeding and milk production
- Normal newborn expectation: 10-12 feedings/24 hours

Grandmother,

Mommy is really tired, but she won't ask for help. I am afraid she is going to get too tired to sing and play with me and, most importantly, to breastfeed me as much as we need. Please, Grandmother, what can you do to help us out?

Talking Points:

- Offer help with household and family responsibilities
- Snuggle with baby while mom takes a nap
- Encourage mom to seek professional help if weariness is impacting activities of daily living

Grandmother,

My mommy is fabulous. She is a champ at breastfeeding. Nobody tells her how great she is except for me. I think she deserves a medal. But, I can't say it to her yet. Could you tell her for me Grandmother, please?

Talking Points:

- Verbally praise mom
- Send a note or gift to encourage and support her breastfeeding

Oh Grandmother,

Mommy is really feeling overwhelmed. She is worried about cleaning the house and writing thank you notes for all the nice gifts we got and doing all the laundry. She wants to cook a nice meal, too. It makes me tired just thinking about all of this. And Mommy is forgetting that I need extra love and attention and time breastfeeding. She is just trying to be the best mommy. Please help her out, Grandmother.

Talking Points:

- Help with household and family responsibilities
- Remind mother that infant needs her full attention at this time

Grandmother,

My friend Ben came over today. Ben's mom feeds him artificial baby milk. Ben had a dirty diaper while he was visiting and my mom saw his stool. It looks really different than mine and now mom thinks I have diarrhea. She is worried about me. Can you talk to her please, Grandmother?

Talking Points:

- Normal progression of breastfed baby's stools

Grandmother,

The nurse just brought in a diaper bag for Mom to take home with her. She told Mom it was a free gift. Mom was all excited, but guess what is in the bag? Artificial baby milk! What in the world does Mom need that for? I don't think mom should take this home with us. Can you help us out, Grandmother?

Talking Points:

- Negative influence on breastfeeding of formula company diaper bags
- Buy a diaper bag for the baby as gift from grandmother



Grandmother,
Mommy is really feeling lonely. Her friends are all feeding their babies artificial baby milk and Mommy really wants another breastfeeding mom to talk to. I would like to meet some new friends, too. What can you suggest we do, Grandmother?

Talking Points:

- Community resources, support groups

Grandmother,
I'm still growing inside Mommy and she is trying to decide how to feed me when I am born. Breastfeeding gets my vote! Mommy knows that breastmilk is healthy for me, but she doesn't know all the good things about breastfeeding for her. Can you tell her, Grandmother? And remind her it is something only she and I can do together. Thanks, Grandmother!

Talking Points:

- Benefits of breastfeeding to the mother

Grandmother,
Mommy is feeling really sad. She is worried that she might do something to hurt me. She is a fabulous mommy. Can you help her, Grandmother?

Talking Points:

- Postpartum depression
- Seek professional help

Grandmother, you're the best!
You supported me and Mommy through the first two weeks of breastfeeding and now we are pros. We couldn't have done it without you. You deserve a great big prize!

Talking Points:

- The significance of grandmother's support to make breastfeeding successful
- Optional: This grandmother wins a prize

Evaluation Question

What two actions can you take to help your grandbaby's mother be successful at breastfeeding?



*I can help my
grandbaby succeed
at breastfeeding!*



I can offer praise and encouragement.

- Bring mom a gift
- Send mom a note
- Call mom and praise her
- Tell mom how proud you are of her
- Reassure mom that she can make plenty of milk for her baby
- Be available to listen to mom



*I can make sure mom
and baby have plenty
of private time.*

- Keep visitors away at the hospital
- Keep visitors away the first few days mom and baby are home
- Be a phone contact for baby information



Help mom get rest!

- Help with everyday chores and activities
- Encourage mom to hold baby skin - to - skin
- Snuggle with baby while mom rests



Offer correct breastfeeding information.

- Do not encourage giving artificial baby milk or formula
- Do not encourage giving other foods until baby is six months old
- Encourage frequent breastfeeding
- Encourage mom to call for breastfeeding support when she needs help