

How to Tell if Your Breastfed Grandbaby Is Getting Enough to Eat

Reassure your daughter or daughter-in-law that your grandbaby is getting enough to eat, by counting wet and dirty diapers. See the chart below.

Your Grandbaby Is Getting Enough to Eat If He Has Enough Wet and Dirty Diapers

1st Four Weeks	Wet Diapers	Dirty Diapers
Day 1	1 or more	At least 1
Day 2	3 or more	At least 3
Day 3	3 or more	At least 3
Day 4	4 or more	At least 3
Day 5	4 or more	At least 3
Day 6 to 28	6 or more	At least 3

The number of dirty diapers may decrease after 4 weeks. A newborn may lose weight in the first few days. After day 5, a newborn should gain 4-8 ounces or more per week.

Grandparents' Creed

*My child is a grown-up. I brought her up well.
How do I know this? How can I tell?
Now she's a mother with a child of her own.
And the way she holds him would melt a stone.
She learned how to feed him with WIC as her teacher.
I'm learning from her healthy lessons they feature:
No cereal in a bottle, no Kool-Aid or Coke.
Nutrition is vital. Nutrition's no joke.
She shows him what's right and shows him what's wrong.
She loves him with laughter, kisses, and song.
She teaches good manners and gets him to mind her.
The things I taught her were not left behind her.
I'll show her I love her when her child's in my care,
Show she can trust me each day, everywhere.
When she tells me to feed him no candy or sweets,
I'll tell him that apples make wonderful treats.
When she asks me to keep him away from T.V.,
I'll read him a story; he'll sit on my knee.
When he asks me for something she won't let him buy,
I'll give him an option that won't make him cry.
I'll never speak ill of his father or mother:
I'll teach him how families help one another.
He'll remember his grandparents with love and with joy
And pass down that love to his child, girl or boy.
This is my legacy I'll leave to him:
Good memories that linger which Time cannot dim.*

— Laurie Coker



parents

Grand



Grandparents Are Important

Your children and grandchildren look to you for strength and wisdom. Your experience as a parent is valuable for them. Now your children are raising your grandchildren. Respect their parenting wishes and abilities. Learn from each other.

Prepare for Baby's Arrival

Discuss how you will help. Will you be with the mother and baby when they first come home from the hospital or birthing center? If the mother is returning to work, will you be helping to care for your grandchild?

Share information, books, and videos about caring for babies. Attend a WIC class for new parents. Learn new facts about caring for infants. Things that parents did 20 years ago may not be the healthiest choices today.

Breastmilk Is the Healthiest Food for Babies

- Easier to digest – less diarrhea, constipation, and colic.
- Contains antibodies to help protect against infection.
- Reduces the baby's chance of developing obesity, diabetes, and other diseases.
- Lowers risk for asthma, allergies, and certain cancers.
- Contains special ingredients that promote brain growth.



Breastfeeding Is Best for Mother, Too

- Helps Mom's uterus return to pre-pregnancy shape.
- Helps Mom lose weight quicker.
- Reduces Mom's risk for breast and ovarian cancer, and osteoporosis (brittle bone disease).

Mom Needs Help the First Few Weeks

Mom and baby need rest, especially the first few days. You can help:

- Give Mom and baby time alone every day to get to know each other.
- Limit the number of visitors and visiting time.
- Help Mom with housework and cooking.
- Change the baby's diapers, bathe and dress him, sing and talk to him, but let Mom feed the baby.

Support Breastfeeding

- Whether you breastfed or not, let Mom know how proud you are that she is breastfeeding.
- Breastfeeding can be hard at first. Take your daughter to get help if she needs it.
- Until Mom's milk comes in – usually between the third and fifth day – her colostrum (early milk) is the only food her baby needs.
- Get to know your grandbaby's hunger cues: turning his head in search of mom's breast, sucking his fist, making sucking noises. Don't wait for him to cry before bringing him to Mom to be fed.
- A newborn's tummy is about the size of his fist. He will need to nurse often – every 1½ to 2 hours around the clock.



- During the first few weeks, feeding a baby anything other than breastmilk interferes with breastfeeding.
- After Mom's milk supply is well established – at about four to six weeks – you can feed the baby expressed breastmilk from a bottle.