



U.S. DEPARTMENT OF AGRICULTURE

**WIC BREASTFEEDING SUPPORT**

LEARN TOGETHER. GROW TOGETHER.

# 8 Ways Grandparents Can Support Breastfeeding

## Learn the breastfeeding basics

so you can help the new parents in each stage of the breastfeeding journey.



## Go the extra mile with house chores

so the new parents can focus on taking care of their newborn.

## Limit visitors

so the parents and baby have enough time to rest. Virtual visits are a great alternative!

## Help with day-to-day baby care

Bathe, change, dress, burp, and soothe your grandchild. And don't forget to snuggle!

## Watch for hunger signs

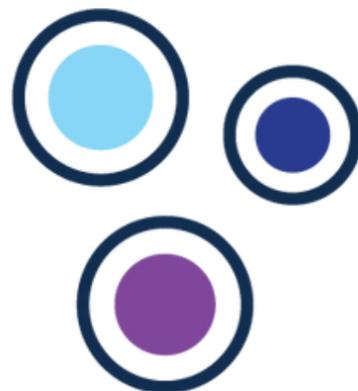
Learn your grandchild's hunger signs, and bring baby back to their parents for nursing sessions.

## Ask for help

If the parents are struggling to breastfeed, encourage them to contact a WIC breastfeeding staff or peer counselor for help.

## Support the parents' choice to breastfeed

Encourage them and tell them you're proud of them – you're here to support them in their breastfeeding journey!



For more breastfeeding tips and advice, visit [wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)



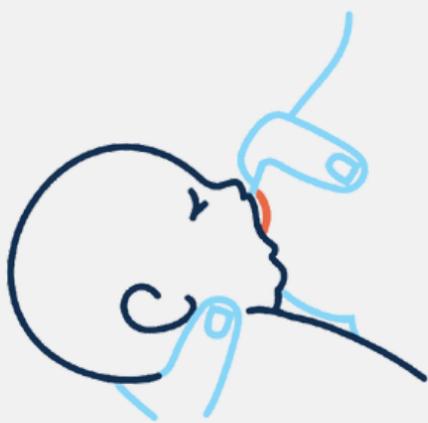
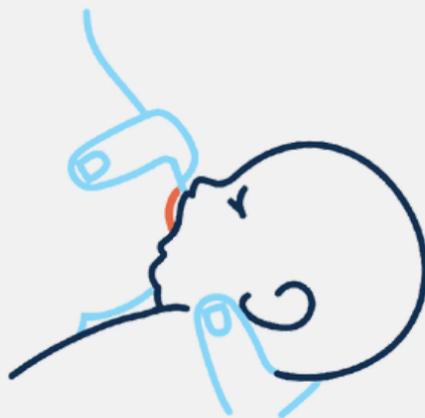
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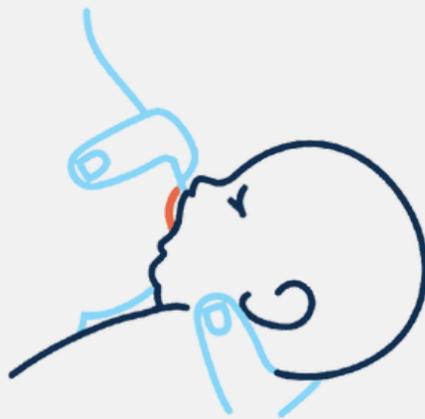
# HOW TO GET A GOOD LATCH

Tickle your baby's lips with your nipple so they open their mouth. Aim your nipple just above your baby's top lip.



Aim your baby's lower lip away from the base of your nipple. Baby's lips should be turned outward like a fish.

Your baby's tongue should be extended, and your breast should fill your baby's mouth.



## Signs of a good latch

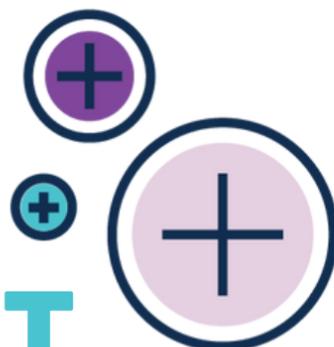
- The latch is comfortable and pain free.
- Your baby's head is straight, not turned to the side.
- Your baby's chin touches your breast.
- Your baby's lips turn out.
- Your baby's tongue cups under your breast.
- You hear or see swallowing.



Visit [wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov) to learn more!

Talking to your employer about

# PUMPING AT WORK



## Step 1

Figure out who to talk to – it's usually a Human Resources director or staff manager. Schedule a time to talk, and plan ahead for questions they might ask you.

Discuss **why you want to breastfeed** (because it's a healthy option for you and your baby) and **how it benefits your employer** (breastfeeding employees may miss work less often because their babies are healthy. It also may lower health care costs because moms and babies are healthier.)



## Step 2

Discuss what your needs are. These could include:

- Time to express milk at regular intervals throughout the day.
- A private space to pump that is not a bathroom.
- Access to clean, running water.

## Step 3



Returning to work can be a challenge in your breastfeeding journey. But with the support of your employer and a good breast pump, you can make it work.

Ask your WIC peer counselor for tips on how she continued to breastfeed after returning to work!



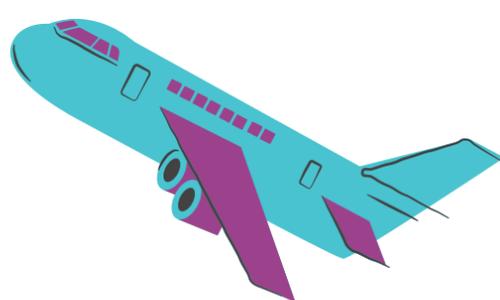
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# Traveling & Nursing



## By Car

Bring extras of everything!  
Make a list before you  
leave home.

Expect longer travel times.  
Account for stops needed to  
soothe the baby or feed them.



## By bus or train

Contact your bus or train and  
inquire about early boarding options  
to make it easier for you and baby.



Ask what kinds of private rooms or quiet  
spaces are available, and ask about  
electrical outlets if you need to pump.



Allow extra time at security checkpoints and  
layovers. If pumping, learn TSA's requirements for  
screening breast milk at [tsa.gov/travel](https://www.tsa.gov/travel).

Try to breastfeed your baby during takeoff and  
landing – this can help reduce the pressure on  
their ears.

## By plane

Need more advice on pumping or  
breastfeeding while traveling? Get connected  
with a breastfeeding peer counselor by  
contacting your local WIC agency!



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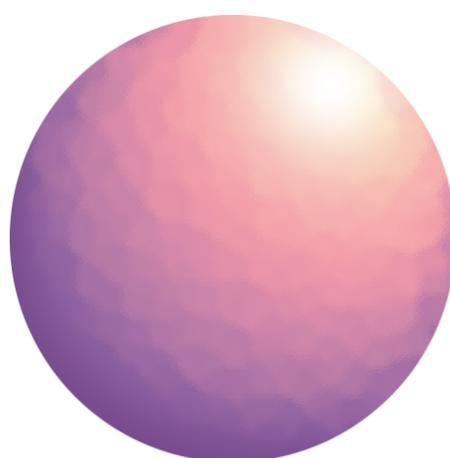
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# Is My Baby Getting Enough Milk?



At birth, your baby's tummy is no bigger than a toy marble (about 1 to 2 teaspoons).



By day 10, your baby's stomach grows to the size of a ping-pong ball (about 1 to 2 ounces).



## Am I making enough milk?

In the beginning, you will probably be feeding baby 8 to 12 times or more every 24 hours.



As baby grows, he or she may nurse less frequently and drink more in a single feeding. Your milk supply will adapt. During a growth spurt, baby might want to nurse more often or for longer.

The best way to tell if baby is getting enough milk is to keep track of dirty diapers. As your milk changes, baby's poops will, too.



At first, poops will be black and tarry, then greenish, then yellow, loose, and seedy. 10-15 days after delivery, baby may poop after every feeding, or less often.

Baby's Age	Wet	Poops
DAY 1 (birthday)	○	●
DAY 2	○○	●●●
DAY 3	○○○○○	●●●
DAY 4	○○○○○○○	●●●
DAY 5	○○○○○○○	●●●
DAY 6	○○○○○○○	●●●
DAY 7	○○○○○○○	●●●

## Here are other signs baby is getting enough milk:

- You can hear or see baby swallowing.
- Baby seems happy after feedings, with relaxed hands and feet.
- Baby is growing and gaining weight. Your health care provider or WIC clinic can check your baby's weight gain.
- Baby's ears move slightly while breastfeeding.



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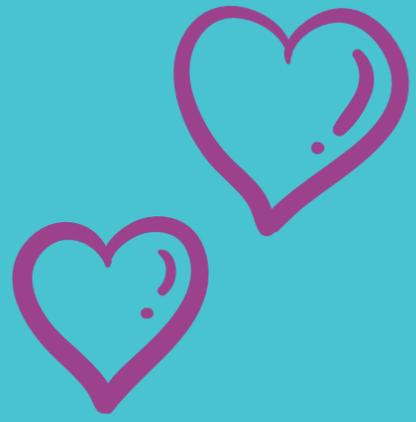
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# 4 Ways Dads Can Bond With Baby

## MAKE TIME FOR HUGS AND CUDDLES

Human touch is soothing for both you and your baby. Let your baby rest on your chest when lounging at home.



## TALK AND SING

Talk or sing to your baby throughout the day, keeping your face close and your eyes on baby.

## PLAY GAMES

Make silly faces, play peek-a-boo, or sing songs for baby. Set aside regular time for this so that as baby grows, this special time becomes a part of your daily routine.



## ROUTINELY CARE FOR BABY

Soothe, bathe, change, dress, and burp your baby. You can also sit and keep mom company during feedings. This helps you bond with baby and supports your partner.

LEARN MORE AT  
[WICBREASTFEEDING.FNS.USDA.GOV](http://WICBREASTFEEDING.FNS.USDA.GOV)

# PLANNING FOR DELIVERY

Things to consider when preparing to deliver your baby at a hospital.

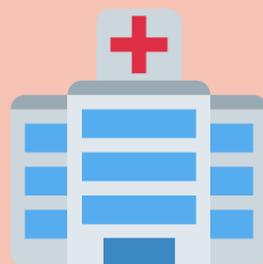
## Understand the hospital's breastfeeding policies.

Is there someone on staff to help me breastfeed within the first hour after delivery and in the recovery room?  
After I leave the hospital, what resources can help with breastfeeding?



## Go on a hospital tour

Most hospitals will allow you to take a tour. Being familiar with your surroundings can help you feel more comfortable. This is also a great time to ask about breastfeeding policies if you haven't already.



## Create a birth plan

Talk the plan over with your doctor or nurse and your partner so that everyone is on the same page. Share your plan with the hospital staff so they can support your efforts.



## Pack a bag

Always have a bag packed and ready to go, in case you go into labor before your expected due date. Being prepared will set you up for success, especially when it comes to breastfeeding your baby.



For more pregnancy and breastfeeding advice, visit our website.

[wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)



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# HOW TO TALK TO YOUR FAMILY → ABOUT ← BREASTFEEDING



## Decide who you want on your breastfeeding team

It might be your partner or a sister, cousin, or close friend who has breastfed before.

## Make time to talk before your baby's due date



Write down why it's important for you to breastfeed. Share your thoughts with loved ones so they understand why breastfeeding matters to you.

## Let them know how they can help you meet your breastfeeding goals

Ask them to change diapers, give baths, or snuggle with your baby. Having friends and family do laundry, run errands, and cook dinner gives you time to rest and focus on breastfeeding.



## Let them know you need them to respect your decision to breastfeed

Gently tell them this is your choice and you would appreciate their support. Remind family and friends they shouldn't give your baby water or formula because it will interfere with your milk production.



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# 5 WAYS TO INCREASE YOUR MILK SUPPLY

Breastfeeding often is the best way to make enough milk for your baby. WIC lactation consultants and peer counselors are here to help with any milk supply concerns!



## Breastfeed every time your baby is hungry

In the early weeks, your baby will eat 8-12 times every 24 hours. It's best not to put your baby on a strict feeding schedule.



## Offer both breasts at each feeding

Let your baby finish the first side, then offer the other side.



## Empty your breasts at each feeding

Hand express or pump after a feeding to draw out all the milk and signal your body to make more.



## Avoid bottles and pacifiers in the early weeks

Feed your baby from your breast whenever you can.



## Relax and massage

Relax, hold your baby skin-to-skin, and massage your breasts before feeding to encourage your milk to let down.



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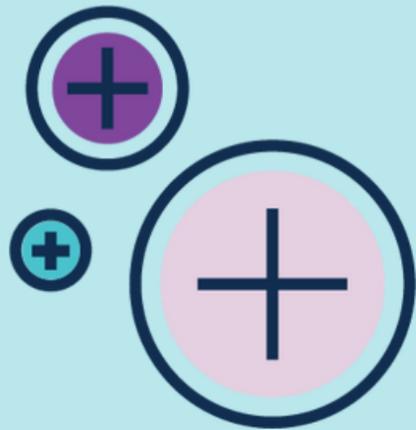
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# All About Weaning

## The American Academy of Pediatrics recommends:

- Give your baby only breast milk for the first 6 months of their life.
- After 6 months, continue breastfeeding, but add complementary foods to your baby's diet as they are ready in their development.



After 12 months, continue breastfeeding as long as you and your baby are comfortable.



## These things can affect how long weaning takes:

Baby's age

Number of times you breastfeed each day

If your baby is ready to wean



Waiting until your baby starts weaning on their own is best. But if you are considering weaning your baby, speak with WIC breastfeeding staff to learn the best way to go about it.

Learn more at [wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)



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# Breastfeeding: Your Rights in Public



You have the right to feed your baby in public, whether breastfeeding or pumping. There are laws in place to help you meet your breastfeeding goals.



The federal Break Time for Nursing Mothers law requires certain employers to provide breastfeeding moms time and space to pump.



## Breastfeeding and Pumping at Work



The federal Break Time for Nursing Mothers law covers most hourly and some salaried employees covered by the Fair Labor Standards Act (FLSA).

You have these rights for one year after your baby's birth. If you already get breaks, you can use that time to pump.



In all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands, there are laws that allow moms to breastfeed in any public or private place.



Talk to your WIC clinic about breastfeeding laws in your area!



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# Breastfeeding Your Teething Baby

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## Before Nursing

Give your baby a cold, wet washcloth or cold teething toy to soothe sore gums.

Massage your baby's gums with a clean finger.



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## During Nursing

Try different breastfeeding positions to ensure that your baby's weight is well-supported.

Make sure your baby is latched correctly.

Before babies can bite, they must move their tongues to avoid biting themselves. If you notice your baby's tongue moving, stick your finger in the corner of the baby's mouth. That way, the baby will bite your finger and not your breast.



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## If Your Baby Bites You

- Try not to react in a way that may startle or scare your baby.
- Firmly tell your baby, "no bite."
- Turn baby on your lap, facing away from you for a moment. Babies learn quickly not to bite down if the feeding is stopped.



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