

Advice for grandparents:  
<http://www.parentingstartshere.com/index.php/2011/09/07/8-ways-grandparents-can-offer-support-to-a-new-family/>

### Notes from Dad to Mom

- ✓ Treat me like I know what I am doing, teach me when I don't
- ✓ Look at me like you used to
- ✓ Let me help when you are tired
- ✓ Arrange to spend some alone time with me
- ✓ Do something special for me
- ✓ Do care activities together until I feel comfortable
- ✓ Take my advice
- ✓ Be agreeable with my family
- ✓ Encourage me to be part of the special relationship you have with the baby
- ✓ Call me "Dad"
- ✓ Ask me what my concerns are and listen
- ✓ Ask for help if you need it

### Notes from Mom to Dad

- ✓ Take the baby for awhile and give me a break
- ✓ Tell me I am doing a good job
- ✓ Be my "breastfeeding coach"
- ✓ Plan something special for the two of us
- ✓ Give me a massage
- ✓ Send me flowers
- ✓ Limit my visitors
- ✓ Make dinner or breakfast in bed
- ✓ Be agreeable with my family
- ✓ Don't question purchases to make breastfeeding easier/more comfortable
- ✓ Wash the pump kit
- ✓ Do some of the housework
- ✓ Plan time so I can sleep
- ✓ Call me "Mother"
- ✓ Just listen and offer support
- ✓ Be our advocate for nursing
- ✓ Bring the baby to me for nighttime feedings
- ✓ Feed my pumped breastmilk at some feedings
- ✓ Get involved in our baby's care
- ✓ Ask for help if you need it
- ✓ Talk proudly to your friends about breastfeeding

