



Grandparents and Caregivers Matter

Your care, support and encouragement help families breastfeed and thrive.

Different generations.
Same love.
Brighter tomorrows.



Ways I Can Support

Check the ways you can help (and add your own!).

- ☐ Offer encouragement and reassurance
- ☐ Respect the feeding parent's choices
- ☐ Help with household tasks (meals, laundry, cleaning)
- ☐ Care for older siblings or other children
- ☐ Provide a calm and welcoming space for feeding
- ☐ Bring a snack or drink for the feeding parent
- ☐ Help create time for rest
- ☐ Learn about breastfeeding (books, trusted websites)
- ☐ Share positive messages with family and friends
- ☐ Be a positive role model
- ☐ Listen without judgement
- ☐ Ask how you can help
- ☐ Book or drive to appointments if needed
- ☐ Seek out additional support if needed (e.g., lactation consultant, public health)
- ☐ Celebrate milestones (first feed, a challenging day, a new skill)
- ☐ Other: _____



What I Appreciate

What do you admire about the feeding parent?

What I Want to Learn More About

Circle or check the topics you are interested in.

How breastfeeding works

Creating a supportive environment

Benefits for baby and family

Ways to include older children

How I can be helpful

Breastfeeding in public

Supporting through challenges

Cultural traditions and beliefs

Understanding normal infant behaviour

Other: _____

My Commitment

What are some specific things I will do to support this family's breastfeeding journey?

1. _____
2. _____
3. _____
4. _____
5. _____

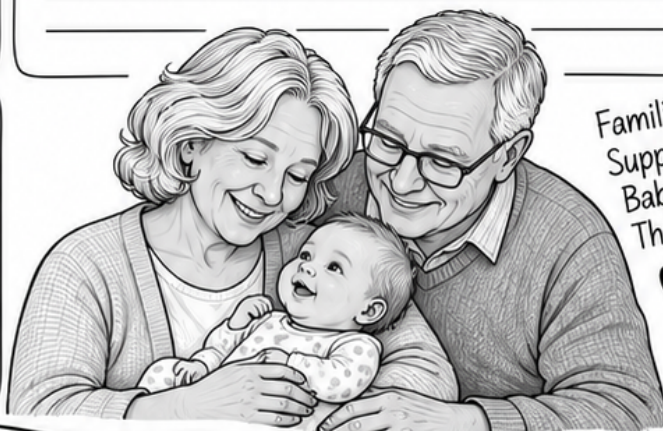
A Message of Support

Write a few words of encouragement for the feeding parent and baby.

Special Moments I Look Forward To

What are you excited to share and experience with the baby?

- | | |
|--|--|
| ☐ Cuddles | ☐ Watching them grow |
| ☐ Reading together | ☐ Supporting their milestones |
| ☐ Singing songs | ☐ Sharing family traditions |
| ☐ Walks outside | ☐ Seeing their unique personality |
| ☐ Playing and talking | ☐ Being part of their life |
| ☐ Family time | ☐ Other: _____ |



Families
Support
Babies
Thrive



Support today.
Brighter tomorrows.



A Gift for You and Me!

by Michelle LeDrew, RN, MN | michelleledrew.ca/babygift



Generations
Connected
Stronger Together

