



## Family Pressures to Bottle Feed

My mother-in-law did not nurse her children and feels very uncomfortable with my nursing. She's supportive in her way but wants to feed my two-week-old a bottle.

Should I give in and let her do this?

It's more important to establish and maintain your breastfeeding relationship with your infant right now than it is for your mother-in-law to feed her.

Try suggesting other ways to bond with her grandchild, such as cuddling her between nursing sessions, taking her for a stroll, bathing her, or changing her diaper.

Explain to her how important it is for you to breastfeed exclusively, point out the many advantages breastfeeding provides for your baby, and ask her to help you out by respecting your wishes in this area.

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**Source** New Mother's Guide to Breastfeeding, 2nd Edition (Copyright © 2011 American Academy of Pediatrics)

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