



Public Health
Prevent. Promote. Protect.

Immunization Clinics

THURSDAY, APRIL 12TH

11 AM-4 PM

THURSDAY, APRIL 19TH

7 AM-11:30 AM

THURSDAY, APRIL 26TH

2 PM-7 PM

CALL TO MAKE AN APPOINTMENT

646-5506

breastfeeding



April 2018

Behavioral Perspective & Breastfeeding

Being a parent is a full time job. Although it doesn't really feel right calling it a job, yet at times it definitely feels like it. I'd rather refer to it as a full time, life time commitment that is the most important thing that you do in your life. This year the Health Center is looking to create more awareness into just how very important parenting is from the start.

Raising a child that grows into a well adjusted thriving adult is the ultimate goal. Studies like the CDC's ACES (Adverse Childhood Experiences) now confirm that childhood experiences, beginning in the very young, both positive and negative, have a "tremendous impact on future violence, victimization and perpetration, and lifelong health and opportunity." Individuals are scored on how many ACEs they had in childhood. As the number of ACEs increases, so does the risk for negative health outcomes. As such, early experiences are an important public health issue.

As you might have guessed, "child maltreatment has a negative effect on health." Children who are abused or neglected are at higher risk for health problems as adults, such as alcoholism, depression, drug abuse, eating disorders, obesity, high-risk sexual behaviors, smoking, suicide, and certain chronic diseases. This knowledge only proves the importance of preventing the abuse or neglect before it happens.

We want to ensure lifelong health and well-being by working to assure safe, stable, nurturing relationships, environments and communities for all children. You've already taken a huge step that direction, just by choosing to breastfeed your baby.

In fact a study, funded by the National Institute of Environmental Health Sciences, indicated that children who were breastfed and exposed to "active bonding during feeding," displayed the lowest risk of behavior problems at age six years and that breastfeeding at least 10 months or longer helped to lower the risk of behavioral problems even more. It also stated that it is possible that both nutrients (e.g., fatty acids) and maternal bonding work together to promote proper development in early childhood, by protecting children from disorders, such as depression, anxiety, and physical complaints as well. Yay, you!!

The Health Center offers a series of free classes for parents and caregivers called "Smart Connections," that teaches ways to nurture your child and reduce stressful situations. If you or someone you know is interested in our Smart Connections classes for parents and caregivers, please call the Health Center at 660-646-5506.

Anita Perry, RN, CDE, IBCLC

Source: CDC, ncbi.nlm.nih.gov

Q: Does breastfeeding hurt?

A: Breastfeeding should not hurt. There may be some tenderness at first, but it should gradually go away as the days go by. Your breasts and nipples are designed to deliver milk to your baby. When your baby is breastfeeding effectively, it should be calming and comfortable for both of you.

To minimize soreness, your baby's mouth should be wide open, with as much of the areola (the darker area around the nipple) as far back into his or her mouth as possible. The baby should never nurse on the nipple only. If it hurts, take the baby off of your breast and try again. The baby may not be latched on right. Break your baby's suction to your breast by gently placing your finger in the corner of his/her mouth, and re-position your baby.

Breastfeeding Support Group

Second Tuesday of Each Month
@ 5:30 p.m.
Health Center Classroom

Burn Baby, Burn!

Plain and simple, breastfeeding burns calories! Our bodies burn almost 20 calories to make just an ounce of breast milk. If your baby eats 19-30 ounces a day, that's anywhere between 380-600 calories burned. It can also help eliminate that post-preg pooch. When you nurse, your body releases certain hormones that shrink your uterus back down to its former pre-pregnant size.

What do both of these things mean? You'll be back in your pre-pregnancy skinny jeans before you know it!

It's about more than weight loss, though.

Breastfeeding, while great for weight loss, also has many benefits for both baby and mom.

Breastfed babies have been found to have fewer allergies and fewer cavities, decreased risk of some diseases including diabetes and respiratory illness and improved brain function.

Moms get the benefits of a decreased risk of postpartum depression, and lower risk of many illnesses including the risk of some cancers and cardiovascular disease.

Watching your little munchkin search for milk with that adorable rooting reflex is also a bonus.

Source: shape.com, momtricks.com

Cluster Feedings

Cluster feeding happens when babies want to feed more often and in a more condensed period of time. This often happens at night and can coincide with baby being fussy.

Breastfeeding and consumption of breast milk are instinctual -- plus it's the "perfect food!" When babies cluster feed, they are sometimes preparing for longer stretches of sleep (though this is not always the case!) or they may be catching up if they didn't eat as much during the day. Your return to work, baby's teething, or some other discomfort in baby's life can also cause cluster feeding and fussiness.

In addition to being frustrating, cluster feeding can also invite concern and can cause anxiety in concerned relatives who may assume this behavior has something to do with your milk supply. It really doesn't! Not offering the breast or offering an alternative to breastfeeding like a bottle will not help in this situation and is not recommended. Soothing, rocking, walking, and offering the breast is the best thing you can do.

One pediatrician advised a breastfeeding mom to, "find a soft spot on the couch and hunker down." Her baby cluster fed for three hours a night, every night, for two months. Remembering that this will pass is critical! This stage is exhausting but it won't last forever.

Growth spurts usually last two or three days and happen at about 1 week old, 3 weeks old, 6 weeks old, and again at 3, 4, 6, and 9 months old.

Source: Breastfeeding Information, Fit Pregnancy



Mom of the Month

Amber Head & Kole

What I like about breastfeeding is that it's more than just nursing. It provides a bond of comfort. Babies need for frequent feedings throughout the day and night ensures comfort. I absolutely love all the extra holding, rocking and cuddling it has provided us, so far, and look forward to the years to come. It's nice knowing I'm providing comfort as he is getting the nutrients he needs.

We experienced latching issues after a few days in. I have found this to be our biggest challenge so far. Keeping up with the pumping to provide enough was a bit of a struggle for me. It's my least favorite thing about breastfeeding.

My best advice is to find what works you. Just like every person is different, every baby is different. They'll have their own preferences, needs, etc., so the "right" way to breastfeed is what works for you and your baby—not just you and not just your baby.

Livingston County Health Center

660-646-5506 livcohealthcenter.com

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