



Public Health
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Immunization Clinics

THURSDAY, FEBRUARY 19TH

11 AM-4 PM

THURSDAY, FEBRUARY 26TH

2 PM-7 PM

CALL TO MAKE AN APPOINTMENT

646-5506

breastfeeding



February 2015

It All Started When 2 People Fell In Love

Valentine's Day always makes us think of one word: Love. So why does it seem the moment you have a baby, your love life goes right up in a cloud of baby powder? Let's face it, you're tired, you're overwhelmed, and there's a good chance you're wearing baby spit-up, well,... everywhere!

Having a baby changes everything, and that includes your relationship with your partner. In the overwhelming days of being a new mommy and daddy, it's easy to neglect yourself and all the other parts of your life. It's hard enough trying to work in a shower.

Without communication and team work, mom may feel overwhelmed and unappreciated, while dad is left feeling the odd man out... like he's unnecessary except to give a break to mom. Parents drift apart without even realizing it.

Sound advice: Throw out any preconceived notions you have about life with your new baby. The reality is that parenting is hard work not once in awhile, but ...every day. Good news is that with patience, hard work, humor, and a big dose of reality about what really matters at the end of the day, your relationship can survive early parenthood.

Ask us,...we've been there. Join us at the **Breastfeeding Support Group**, 5:30 p.m. on the second Tuesday of every month at the Livingston County Health Center. It could help you feel better when you hear us say, "I know just what you mean!"

Anita Perry, RN, CDE, IBCLC

Do breasts need time to refill?

People often think of a mother's milk supply as "flesh covered bottles" that get completely emptied and then need time to refill. This is not how milk production functions.

Milk is being produced all the time, so the breasts are never empty. Research has shown when babies nurse they do not remove all of the milk. It averages around 75% -80%.

Trying to empty the breast would be like trying to empty a river. More milk will keep flowing in while milk is being removed. We have also learned the emptier the breast, the faster the breast makes more milk. Waiting to nurse your baby is counterproductive. Delaying nursing can lead to a low milk supply because milk production slows when milk is still in the breast.

Source: Baby Center

Are You On Poo Patrol?

Newborns, especially if they're breastfed, typically have very soft or even liquid bowel movements up to ten times a day. This can make it difficult to tell a normal b.m. from diarrhea. Any change from your baby's usual pattern is a clue. Smell is another — diarrhea will sometimes, but not always, have a foul smell. Call your pediatrician if your baby is 3 months or younger and you suspect she has diarrhea. If your baby is acting sleepy and suddenly having small, hard, or dry bowel movements or if her stool is streaked with blood or mucus or has the consistency of jelly, call your doctor. Make sure she is drinking plenty of breast milk as often as usual so she doesn't get dehydrated. (A newborn should wet a minimum of six diapers a day.)

Whenever you have any lingering doubts about your baby's state of health, call your healthcare provider. It's important for you to get peace of mind, it never hurts to check with your doctor, and parents' hunches are often right.

Source: Babycenter

Early Weaning

The American Academy of Pediatrics strongly recommends that children be **breastfed for at least their first year**. Unfortunately, a recent study suggests that **many new moms give up breast feeding early because of their jobs, convenience and advertising that convinces them formula is just as good** as mother's milk.

Returning to work should not be a reason to wean. A large selection of **excellent breast pumps will keep your milk supply strong and nourish your baby** while you are away. **Livingston County Health Center** has **hospital grade breast pumps** available to help you to maintain your supply.

Bottom line: Any amount of breastfeeding is better than none, and weaning is a very personal decision that should **only involve you and your child**. Many people, including perfect strangers will **want to offer their two cents**, like 'don't you think your child is too old for that' 'that's disgusting' and 'when are you going to wean him, they make formula you know'. If you **do experience this sort of pressure, keep in mind that "mother (you) knows best."**

Follow your instincts and when the time is right you will be able to wean your child with relative ease.

Source: Children's Hospital of Philadelphia

Pumping Tips...

Many women have a love hate relationship with their pump.

They **love it because it gives them a way to express their liquid gold**; so their **baby can have it in a bottle** when they are away. Then they **hate it because let's face it, it's not fun**, it's tedious work, and if you do **not get the amount you hoped for it is disappointing.**

Pumping is a **skill just like breastfeeding** your baby. Once you find the right tips pumping can become easier.

When you pump **make sure you are following a routine.** Pump in the **same place**, at the **same time**, and **look at the same picture** or video of your baby. Doing this will **help relax you and trigger your milk ejection reflex.**

Before you start to pump **drink a couple of glasses of water** and do some **breast massages.** Now that you have yourself **all relaxed and ready to go** start the pump.

While you're pumping try one of two things **either imagine a flowing stream or look at a picture or video of your baby** (nothing will trigger a letdown faster than watching a video of your baby crying). This will **help with your letdown reflex.** If you are **easily distracted then put on your favorite song or listen to nature sounds** to keep you relaxed. Doing all of this **will make pumping more like something you want to do rather than something you have to do.**

Source: Ask Dr. Sears



Mom of the Month

Chloie Allen

Son Talan

From the moment I found out I was pregnant, I knew that I wanted to **breastfeed**. It was always something very important to me, so when I went into labor at 26 weeks gestation I was filled with fear. Not only fear for my baby boy, Talan, but fear that my milk would not even come in.

The doctors kept reiterating that **breast milk was one of the most essential needs for a premature baby** and his growth. I was pumping **within an hour of his birth**, and was more than excited to see that I had **produced a little colostrum** that the nurses would give to him by a feeding tube for his first feeding a couple days later.

I continued pumping every 2 hours while in the hospital, **stocking up more colostrum for Talan's future feedings.** My supply continued to increase with every session, which was so gratifying. Once home, I **exclusively pumped from September 17 to November 21**, when the doctors decided he could attempt to breast feed for the first time. The **lactation consultants** came in to give me the, "Don't expect him to be coordinated enough to get any milk since he's still only 35 weeks gestation" speech.

As soon as I positioned Talan, he latched **right on** and did amazing! He now **breastfeeds every time I'm with him in the NICU**, and is getting his full amount as well. This journey has been a roller coaster to say the least, but the **first day of successful breastfeeding** has made the countless hours of pumping so incredibly worth it!



Livingston County Health Center

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All services provided on a non-discriminatory basis.

