



Public Health
Prevent. Promote. Protect.

Immunization Clinics

THURSDAY, FEBRUARY 8TH

11 AM-4 PM

THURSDAY, FEBRUARY 15TH

11 AM- 4 PM

THURSDAY, FEBRUARY 22ND

2 PM-7 PM

CALL TO MAKE AN APPOINTMENT

646-5506

February 2018



breastfeeding



Love Bugs...

We have a poster in our clinic that says, **“Your Kiss of Affection, The Germ of Infection.”** The poster is really promoting the Tdap Booster vaccine that protects against Pertussis or what’s generally referred to as Whooping Cough. **This time of year it could be referring to the Influenza germ.**

Yes, flu germs are everywhere, and it’s fairly easy to get exposed. The Centers for Disease Control (CDC) is saying that every state except Hawaii is showing wide spread flu cases.

The best thing to help you avoid the flu is still the flu vaccine, and it’s not too late to get one! And, also, as always is the **importance of good and frequent handwashing.** But, **avoiding mouth kissing with your infant,** who isn’t old enough for a flu shot, is **also recommended by the medical experts.** While affection is absolutely essential for the proper development of children, parents need to **rethink letting anyone kiss the baby on the mouth.**

Visitors, like family members and close friends, **may feel that kissing a baby is just a way to show affection.** Unfortunately, it can also be a way to spread germs that can prove fatal for infants. Newborns have **immature immune systems, so viruses and bacteria that you may not even know you have,** can cause severe illnesses. This is completely 100% avoidable.

So, love your baby, but when it comes to newborns, use a little common sense. **Just please, don’t put your germy lips and dirty hands anywhere near that baby.** This may sound extreme because none of us would ever intentionally hurt our children. Truly, **most people are not of aware of the dangers** that can exist from **one simple kiss.** Once a **baby has been vaccinated and has a chance to build up their immune system,** germ protection is a bit more flexible, and so are the kisses!

Happy Valentines Day!

Source: Verywell.com, NBCnews.com, Huffingtonpost.com

Q: Should I stop nursing if I have mastitis or baby has thrush?

A: As much as you may be tempted to stop nursing, breastfeeding your baby through thrush, mastitis, and clogged ducts actually helps. "Often nursing will help to release the clogs, and with mastitis you really need to have the milk flowing to get the infection out and to prevent more clogs," says O'Connor. However, you do want to treat the thrush and the mastitis as you continue nursing. In all cases, you want to heal the breasts and find the root of the problem.

Source: Fit Pregnancy

Breastfeeding Support Group

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

Health Center Classroom

I Think My Baby is Allergic to Breastmilk...

Many doctors encourage mothers to stop breastfeeding and misdiagnose fussy babies as allergic to a mother’s breast milk. The reality is that your baby cannot be allergic to your breast milk and is most likely reacting to something you are eating that is in your breast milk.

The number one allergen is cow’s milk and cheese, which can be offensive to a baby’s intestinal tract. Other allergens may include eggs, wheat, corn, peanuts, and soy. If your baby remains irritable, try cutting all of these foods out and slowly introducing them back into your diet so that you can find the culprit.

Source: babble.com

Sleeping Through the Night

Most babies are able to sleep through the night by 6 months of age. But, keep in mind that "sleeping through the night" usually means **five or six hours**, not eight or nine. **Second, every baby is different.** Some will **start sleeping through the night at 3 months old**; others won't until much later. The **main idea is that babies sleep through the night when they're ready**, whether or not they're breastfed.

That said, because **breast milk is digested so completely and more quickly than formula**, **breastfed babies do tend to eat—and therefore wake—more frequently** than formula-fed babies. As **convenient as it would be to plan out a day's worth of feedings**, a newborn doesn't wear a watch. He **doesn't care if it's been 15 minutes or four hours** since his last meal; **when his tummy rumbles, he wants to eat.** And **you need to let him—if you don't, you risk poor weight gain for him and decreased milk production for you.**

You may have **heard that bigger babies and babies who eat solids are better sleepers**, but **it's not true.** Your baby's **ability to sleep through the night depends on age, not size or diet.**

There's also **no research to support the claim that adding rice cereal to your baby's evening bottle will help her sleep better** or longer. This is a **choking hazard**, and **offering solids too early can deprive your baby of the necessary nutrients in breast milk or formula.**

The American Academy of Pediatrics recommends that babies be **exclusively breastfed for the first six months.**

Source: FitPregnancy.com; BabyCenter.com

Nursing Your Child Past One

Amanda Kline, Breastfeeding Peer Counselor

Did you know **nursing your baby past their first birthday has a lot of benefits for you and for baby?** In fact, the **World Health Organization** recommends children to be breastfed until age two or beyond.

Breastfeeding helps all growing babies, it will especially help a picky eater; by helping them maintain a nutritional balance. Your baby will be **taking in antibodies that will strengthen their immune system.** Breastfeeding also can comfort them when they are upset or sick.

Breastfeeding past one will also help your child in other ways too. If you nurse them to sleep at bedtime it's an **amazing bonding time and also provides comfort during what could be a very stressful time** of the night. I know my kids **bedtime was always the worst time of the day**, at a very young age my kids learned that if you made a million excuses like needing to go potty, getting a drink of water, my belly hurts, and the list could go on that this would prolong bedtime.

So, **with my fifth child I chose to nurse her to sleep** just like I had done when she was under one year of age. I will say **she is my easiest to get to sleep and with her I actually enjoy bedtime.**

The benefits for mom are awesome too. By breastfeeding past one you will be **reducing your risk of breast and ovarian cancer.** It also **helps reduce your risk of rheumatoid arthritis, and Cardiovascular disease.** All that alone would definitely make me want to nurse past one. You also **protect yourself against osteoporosis the longer you breastfeed your child.**

Source: breastfeedingwa.org



Mom of the Month

Megan Hardie & Lincoln

What I like about breastfeeding is that I am giving Lincoln all the nutrients he needs. I love the bonding that we share!

I have been very fortunate on baby #2 that I haven't had any problems with breastfeeding.

With my first born I struggled with baby latching, supply, and had to supplement with formula. I would say pumping is still my least favorite thing to do, but it has been nice to see my milk stash grow.

My best advice is to find what works for you...and invest in a corn bag, it was my saving grace when my milk came in!

Note: A 'corn bag' is a small bag made of material sewn and stuffed with seed corn or rice. You warm the bag in the microwave and place on the sore area.

Livingston County Health Center

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