



**Public Health**  
Prevent. Promote. Protect.

## Immunization Clinics

THURSDAY, JANUARY 14TH

11 AM-4 PM

THURSDAY, JANUARY 21ST

7 AM-11 AM

THURSDAY, JANUARY 28TH

2 PM-7 PM

CALL TO MAKE AN APPOINTMENT

646-5506

# breastfeeding



January 2016

## “Oh, this miserable cold!”

It's that time of year. The cold weather is bad enough, but the **common cold virus** can cause some pretty miserable symptoms. When you are **pregnant or breastfeeding**, getting relief from the some of the symptoms of “the cold” can be worrisome.

Sinusitis is a fairly normal issue with a cold. Symptoms can range from **facial pain in the forehead or on the cheeks to discomfort when bending over**. Tylenol, or acetaminophen and Advil, or ibuprofen are approved for pain relief while breastfeeding. **Saline sprays can be used to help irrigate the sinuses** in order to **facilitate fluid flow**. This practice is considered safe and effective for symptomatic relief of sinusitis, rhinitis, and alleviating allergies.

It is **generally believed that vitamin C may help boost the immune system** and fight the common cold. Usually a **balanced diet, and your prenatal vitamin**, is an adequate provider of sufficient vitamin C levels. For the **prevention of a cold**, when the first symptoms become noticeable, a **serving of orange juice and the recommended prenatal vitamin** are a good start.

Colds are never fun and trying to mother with a cold can be downright difficult. If you are **not feeling well with runny nose and cough**, lots of fluids and rest is always a **good recipe** for getting back to normal. If your **symptoms are worsening by 7 days** into a cold, you should **see your doctor**. If you run a **fever beyond 3-4 days**, medical care should be sought. **Flu-like symptoms are not a normal part of a common cold** and **may be indicative of a breast infection** or other illness. **Consult your physician if you experience these**. Otherwise **rest and sleep when baby sleeps**.

Anita Perry, RN, CDE, IBCLC

Source: [breastfeedingcenterofpittsburg.com](http://breastfeedingcenterofpittsburg.com)

## How does milk supply vary throughout the day?

Earlier researchers observed that **milk volume is typically greater in the morning hours** (a good time to pump if you need to store milk), and **falls gradually as the day progresses**.

**Fat content tends to increase** as the day progresses. These **observations are consistent with current research** if we assume the researchers were observing babies with a fairly typical nursing pattern, where **baby has a longer sleep period at night and gradually decreases the amount of time between nursing** as the day progresses.

Source: Kelly mom

## Free Refills All Day Long!

**Storage capacity**, another factor that affects **milk production and breastfeeding management**, is the amount of milk that the breast can store between feedings. This can **vary widely from mom to mom** and **also between breasts** for the same mom. Storage capacity is **not determined by breast size**, although breast size can certainly limit the amount of milk that can be stored. Moms with **large or small storage capacities can produce plenty of milk** for baby. A **mother with a larger milk storage capacity may be able to go longer between feedings** without impacting milk supply and baby's growth. A mother **with a smaller storage capacity, however, will need to nurse baby more often** to satisfy baby's appetite and **maintain milk supply** since her breasts will become full (slowing production) more quickly.

Think of **storage capacity as a cup** – you can **easily drink a large amount of water throughout the day using any size of cup** – small, medium or large – but **if you use a smaller cup it will be refilled more often**.

Source: Kelly Mom

Amanda Kline, WIC Breastfeeding Peer Counselor

## Nursing NOT 100% Contraceptive

Breastfeeding typically puts your period — and therefore, ovulation — on hold for months, which means it's unlikely that you'll get pregnant, but it's still possible.

**Exclusive breastfeeding can be about 98 percent effective** in preventing pregnancy, but **only if the baby is less than six months old**, menstrual periods have not returned, the baby is breastfeeding on demand (day and night) and is not receiving anything else except for breast milk.

That means the chances of getting pregnant are higher in women who don't exclusively breastfeed their babies, and in women with formula-fed babies or older babies who have a mix of breast milk and solid foods.

**Getting pregnant while breastfeeding can impact your nursing baby.** Pregnancy can inhibit milk supply tremendously, and makes it more difficult to achieve your breastfeeding goals.

If you're not looking to add to your brood right away, talk to your doctor about the best contraception methods to use that won't have a significant effect on your milk supply, such as condoms or low-dose oral contraceptives.

Source: yahoo.com/parenting

## Nurse Your Baby When He is Sick

Amanda Kline, WIC Breastfeeding Peer Counselor

With the flu season right around the corner, a lot of moms ask themselves should I continue to breastfeed if my baby is sick? The answer is "Yes!"

A mother's milk provides antibodies that are specifically tailored to fight baby's illness, and is also easily digested.

If you choose to temporary wean while your child is sick, a few things will happen. The most important — you will be depriving your baby of getting the antibodies he needs to fight off the illness he has.

Second it can also cut your supply down, you will have to pump to try and keep it up. If you choose not to pump then you could become so engorged that you get very sore and could get an infection.

All this will do for you is leave you with a very unhappy sick baby and a sore breast. Nursing is very comforting to your baby while he is sick.

Source: A New Mom's Handbook

## Make Healthy Choices in the New Year

Your lifestyle choices are just as important when you're breastfeeding as they were when you were pregnant.

- Eat plenty of fruits, vegetables and whole grains.
- Drink lots of fluids.
- Rest as much as possible.
- Only take medication with your doctor's OK.
- Don't smoke.

Also beware of caffeine and alcohol. Too much caffeine can make your baby irritable and interfere with your baby's sleep. If you choose to have an occasional alcoholic drink, avoid breast-feeding for two hours afterward.

And if you're exclusively or partially feeding your infant breast milk, talk with your doctor about vitamin D supplements for your baby. Breast milk may not provide enough vitamin D, which is essential to help your baby absorb calcium and phosphorus — necessary for strong bones.

Source: Mayo Clinic



## Mom of the Month

Kelsey Hinton & Ryker

My breastfeeding experience has been tough... I had Ryker in the middle of nursing school and only had a week off of school.

I had to start pumping in the hospital and rotate pumping and nursing every hour. But breastfeeding has been the most rewarding experience between getting to bond with Ryker and getting to cuddle him when he wants to eat. :)

## Easing a Croupy Cough

Croup occurs when the larynx (voicebox) is infected by a virus. It is most commonly identified by a hoarse voice, tight breathing, and a low-pitched cough that sounds like a seal's bark.

Try these suggestions to help soothe your child's croupy cough:

- Let your child stand in a hot shower and absorb the steam (be careful that the water is not hot enough to burn).
- While the child is in the shower, hold a wet washcloth near (not ON) your child's face, and have the child breathe in.
- Add warm water to a humidifier in your child's room.
- To avoid pneumonia, it is important that your child cough up mucus that has built up in the lungs. So the idea is to promote a "productive" cough, the hospital says, not prevent a cough entirely.

Source: womenshealth.gov



Livingston County Health Center

660-646-5506 [livcohealthcenter.com](http://livcohealthcenter.com)

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