



Public Health
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Immunization Clinics

THURSDAY, MARCH 8TH

11 AM-4 PM

THURSDAY, MARCH 15TH

11 AM- 4 PM

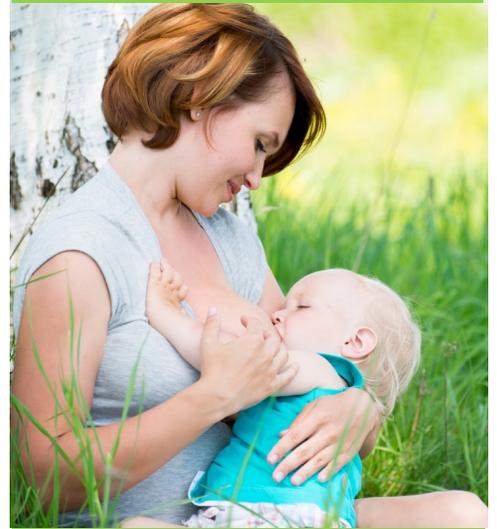
THURSDAY, MARCH 22ND

2 PM-7 PM

CALL TO MAKE AN APPOINTMENT

646-5506

breastfeeding



March 2018

Spring Fever!!!

This time of year, I get the fever. I'm talking "Spring Fever" ... not a virus fever. Hopefully the worst is over with the fever/flu season. We are seeing it winding down some, but be aware flu season can continue on into the end of March. Keep your hands clean, eat well, and get plenty of sleep and fluids!

Speaking of sleep, I know that lack of it is such a big factor when you have a newborn. I remember feeling like I was in some sort of daze for days. (you see what I did there :)) The truth is that every baby wakes at night needing to be fed. A baby's tummy cannot hold huge amounts of milk and, as breast milk is very easily digested, your baby will ask to breastfeed often.

The benefit to night feedings is that they help boost your milk supply and prevent engorged breasts. Night feeds may continue for some time: there is no set age at which a breastfed baby will give up wanting to feed at night. Each baby is an individual with individual needs.

As a new parent, you may feel compelled to dedicate every available hour tending to your baby's needs. But don't forget that parents have needs, too -- especially when it comes to sleep.

Get as much rest as you can between caring for your newborn and learn to let everything else go for awhile. New parents have the best of intentions when they push themselves to the limit while taking care of their baby during those first hectic months. But, doing so without getting enough rest or receiving outside help can be a recipe for disaster.

Do the best thing for your family by remembering one of the fundamentals of good parenting: Take good care of yourself, so that you can take good care of your baby.

Anita Perry, RN, CDE, IBCLC

Source: Breastfeeding Information, Healthday.com

Q: Why are my breasts hard as rocks?!!!

A: Engorgement may happen three to five days postpartum and can make your breasts feel hard and painful. Warm compresses can be used prior to nursing, to aid in the removal of milk, and cold compresses after you nurse, to reduce tissue swelling. Also, do not to wait too long between feedings in order to avoid engorgement. Babies should eat at least every three hours, or even more frequently.

Source: Fit Pregnancy

Breastfeeding Support Group

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

Health Center Classroom

Benefits to Extended Breastfeeding

There are several health benefits to nursing your child into his or her toddler years. By continuing to breastfeed past the standard one to two years, mothers often increase the intimacy and attachment with their child.

It is important that each mother decides what is right for her family and doesn't get bogged down by society "norms." In the words of mother and actress, Alysia Reiner, "The most important thing to me about breastfeeding is it not be a place where we hurt each other as women. No matter what you do, you're doing a great job."

Source: www.babble.com

Returning to Work

Amanda Kline, WIC Breastfeeding Peer Counselor

One of the most common questions I get asked is, “When should I start pumping to build a stock pile before I go back to work?”

I tell moms a few weeks before you return to work, try to get yourself into a routine. The best time to pump is after the morning feeding and after the bedtime feeding. Some moms even like to add a pumping session at lunch time too. All the milk that you pump at these times you can put in a freezer safe bag with the date on it and store it in either the refrigerator freezer or for longer storage, the deep freezer.

Try to only store 2 ounce increments so you don't waste any milk by thawing more than the baby will take.

When you go back to work make sure to bring your breast pump, an extra shirt, a picture or video of your little one and breast pads.

Another great tip, is discussing your pumping schedule with your boss before you return to work. This will make your first day back go smooth. I tell moms they do not have to stress about filling your whole freezer full of milk before you go to work. It will be helpful to have at least a small supply, but all you have to have is enough milk to last for the first day at daycare, than whatever you pump at work that day will be for the next day.

Source: Fit Pregnancy

Some Women Do Produce More Milk Than Others

Different breasts have different storage capacity. The amount of milk is not dependent on breast size— it depends on mammary tissue. Some small-breasted women produce plenty of milk (even an oversupply in some cases) while some large-breasted women have a hard time storing enough.

Colostrum (the 'first' milk) begins to change to mature milk during the first week and this is often referred to as the milk 'coming in'. Your breasts will be swollen with extra fluids and initially, you may be making more milk than your baby takes.

At this time your breasts may become hard, lumpy and painful. Frequent feeding helps to avoid this and expressing a little milk before putting the baby to the breast can also help. A warm bath or warm flannel held to the breast will help the milk to flow easily and make expressing easier.

In unusual cases, a medical condition may affect a mother's milk supply. For the most part, however, it's rare for a mother to have a limited milk supply. More often the problem is a lack of support for, or knowledge about breastfeeding. If you're feeling uncertain or insecure about your ability to breastfeed, you may wind up believing you aren't producing enough milk.

Remember, generally speaking, the more frequently you nurse, the more milk you produce.

Source: Breastfeeding Information, Fit Pregnancy



Mom of the Month

Amanda Kline & Emberlynn

Hi my name is Amanda Kline . You all know me as the Breastfeeding Peer Counselor at the Livingston County Health Center.

When I had my first child I always knew I wanted to breastfeed. Fast forward to 10 years later and I am currently breastfeeding my fifth child who will be two at the end of February. As we near the end of our breastfeeding journey, it's very bittersweet. I'm so proud of myself for going for the full two years. If I left it up to my daughter she would probably never wean.

In the beginning, we had a few little hiccups, but I knew to seek help right away. Once we got those all sorted out, it was smooth sailing. Emberlynn has been quite the opposite of my other children she would never take a bottle or pacifier. At times, that was hard because her father couldn't feed her and I couldn't leave her with anyone. But I wouldn't have had it any other way. It was such an amazing feeling knowing I was providing everything she needed to stay alive, and the bond we have is indescribable.

What advice I would give to a new moms would be if you feel like you need help please do it before you even leave the hospital. It makes it's so much easier since help already there. Also push through that first month. If you feel like it's rough, don't give up—just keep telling yourself I'm going to give it another day. I promise you, once you get past that initial part you will look back and wonder whatever was so hard about.

Also what has helped me with all my children is attending the Breastfeeding Support Group. You get to be around moms that are doing the same thing you are. You build a bond with these moms that can turn into a lasting friendship. Also it gives you a chance to get out around other adults, which is good for you!

If you have other children, I'd like to share that I enjoyed just taking the baby so it gave us some alone time. I realize this isn't always possible and everyone is welcome to bring older kids to our meetings.

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Livingston County Health Center

660-646-5506 livcohealthcenter.com

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