



Public Health
Prevent. Promote. Protect.

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

Immunization Clinics
SECOND THURSDAY: 11 AM-4 PM
THIRD THURSDAY: 7-AM-11:30 AM
FOURTH THURSDAY: 2 PM-7 PM

CALL TO MAKE AN APPOINTMENT
646-5506

breastfeeding



March/April
2019

Getting Help With Breastfeeding Before Baby

If you are **pregnant**, and are thinking about **breastfeeding** your baby, there are many ways to get information and support. The first thing to do is ask your doctor what the hospital you're delivering at does to support breastfeeding. You can also **put breastfeeding into your birth plan**. A birth plan is a set of instructions you make about your baby's birth, you will give a copy to your doctor. This will help make sure everyone is on the same page.

A **breastfeeding class** would be another way that you could learn about **breastfeeding**. The class will go over the **benefits of breastfeeding** for mother and baby. It will also cover **what to expect, how to position the baby to nurse, plus so much more**.

Another good resource would be to see if your area has a **breastfeeding support group**. A breastfeeding support group is **where moms that are either pregnant or breastfeeding meet to talk about their breastfeeding questions and support each other**.

Our local **Health Center** is a great to start, we have a **Lactation Consultant, Anita Perry** and a **Breastfeeding Peer Counselor, Amanda Kline** that are available for **one- on-one breastfeeding support**. We also have a **Breastfeeding Support Group** that meets monthly. We have a **prenatal breastfeeding class** that is held monthly at the **Livingston County Health Center** and at **Hedrick Medical Center**.

Call us at **646-5506** for more information regarding the Breastfeeding Support Group and breastfeeding classes! **Come help yourself or help others learn, grow, and be a breastfeeding mom!**

Amanda Kline, WIC Breastfeeding Peer Counselor

Q: What is nipple confusion?

A: Nipple confusion can happen if you give your baby a bottle or pacifier in the first few weeks of breastfeeding. He may forget how to latch on to your breast. Or he may not want to breastfeed at all. If this happens, your baby may not get all the breast milk he needs, and your breasts may become engorged (swollen and hard).

To help prevent nipple confusion:

- Only breastfeed your baby in the first few weeks after birth. Don't use bottles or pacifiers until your baby's breastfeeding well. The American Academy of Pediatrics (AAP) recommends that if you're breastfeeding, wait until your baby is 1 month old before using a pacifier.
- Consult your provider or contact a lactation consultant if you think your baby has nipple confusion for help or suggestions.

Source: March of Dimes

Baby Superfood!

Colostrum is the initial milk a woman produces during the first few days after she delivers. This **thick, concentrated fluid, which is often a golden color, is very low in volume** and might not seem like much, but it **actually provides huge benefits to your baby**. During the first few days, the amount of food taken in is small, but the importance of the specific biological actions that occur to protect baby's immune system through colostrum cannot be overstated.

Colostrum is basically your baby's first superfood. It contains just what a baby needs in the right amounts—it's low in sugar but high in protein, and much of that is in the form of immune factors designed to line the baby's intestine and protect it from bacteria and viruses that can cause infection. And that's not all. **Colostrum also contains fat-soluble vitamins and antioxidants, helps to colonize the intestine with lactobacillus (protective bacteria), and has a natural laxative effect that promotes pooping**. Frequent breastfeeding in the early days of your baby's life can even help reduce the risk of serious jaundice.

With so many benefits, there's no wonder that **some people refer to colostrum as "liquid gold."** In fact, it should really be considered more like a **medication or the baby's first immunization** than as merely a food. The **nutrition is only a minor part of its importance**.

Source: Parents.com

Safe Thawing of Breastmilk

Many mothers find it convenient or even necessary to collect their breast milk and store it to be used later. Such is the case for mothers who are returning to work, school or if they are separated from their infant due to health issues.

It's best to freeze milk in small amounts (1-2 oz.), it will thaw more quickly. You will waste less milk this way and will avoid over-feeding. Also, it is important to remember liquids expand when frozen, so be sure to leave some extra room (about an inch) at the top of the container so the bottle or bag won't burst.

When thawing frozen breast milk, always thaw the oldest first.

Remember first in, first out. Over time, the quality of breast milk can change according to your babies needs, so you want to give them the 'formula' that matches most closely.

There are several ways to thaw your breast milk. You can thaw it in the refrigerator overnight, set it in a container of warm or lukewarm water, or hold under lukewarm running water. Never thaw or heat breast milk in a microwave. Microwaving can destroy nutrients in breast milk and create hot spots, which can burn a baby's mouth.

Use breast milk within 24 hours of thawing in the refrigerator (this means from the time it is no longer frozen or completely thawed, not from the time when you took it out of the freezer). Once breast milk is brought to room temperature or warmed after storing in the refrigerator or freezer, it should be used within 2 hours.

Remember, never refreeze breast milk once it has been thawed.

Source: cdc.gov, medelabreastfeedingus.com

Growth Spurts...

Your baby will go through many growth spurts in the first year. They can cause your baby to nurse longer and more often. These growth spurts typically happen when your baby is around 2-3 weeks, 6 weeks, 3 months, and 6 months old. But your baby's growth spurts may not happen at these exact times. Growth spurts can happen at any time, and every baby is different. Growth spurts usually last a few days.

Many babies are fussier during growth spurts and will want to nurse longer and more often, as much as every 30 minutes. It may feel like all you're doing is feeding your baby! But this is your baby's way of helping you increase your milk supply so that you can keep up with baby's needs. Remember, the more your baby nurses, the more milk your body makes. Once your supply increases, you will likely be back to your usual routine.

During a growth spurt, you may wonder if you are making enough milk for your baby. The answer is probably yes. Follow your baby's lead, and ask your partner and family for extra help. As you feed your baby, your body adjusts to make the right amount.

Make sure to take care of yourself during this time. You might be hungrier and thirstier during your baby's growth spurt, so listen to your body and eat well. Again, let your loved ones help. They can make dinner for you, change diapers, and more! Sometimes they are just waiting for your direction or requests!

Let people that love you, help you!



Mom of the Month

Sabrina Shoop & J.D.

One thing that I decided very early on was that I wanted to breastfeed. I knew that it was the best thing for my baby so naturally I was determined to do that no matter how hard it was. I didn't realize then how much I would love it and how much joy it would bring me.

The day finally came; the day my son was born. This was it, my breastfeeding journey was about to begin. My son was delivered via cesarean section and unfortunately, I was sick, but I was still determined to successfully breastfeed. When we got back to our room after the C-section, we did skin to skin and I noticed my baby rooting. I knew it was time to try this.

The wonderful lactation consultant came to our room and helped me right away. It was difficult at first, but I stayed calm and told myself that we would get the hang of it. I was producing plenty of colostrum, but my baby was sleepy and did not want to latch. With the help of the nurses and lactation consultant we kept trying. It was a learning process for both baby and I. And finally, the day before he was discharged from the hospital, we got the hang of it!

We have been extremely lucky and have not had any other issues since being home. I have been exclusively breastfeeding him for 6 weeks now and it is the most wonderful feeling. It is hard to explain it exactly, but I look down at him while he is feeding, and I am just so filled with joy and love.

Breastfeeding has many benefits for both mom and baby, but my favorite is the special bond that it allows me to share with my son. One that I will never forget and will always be

Livingston County Health Center

660-646-5506 livcohealthcenter.com

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