



Public Health
Prevent. Promote. Protect.

Immunization Clinics

THURSDAY, MAY 10TH

11 AM-4 PM

THURSDAY, MAY 17TH

7 AM-11:30 AM

THURSDAY, MAY 24TH

2 PM-7 PM

CALL TO MAKE AN APPOINTMENT

646-5506

May 2018

breastfeeding



Supporting Breastfeeding in Public

Finally, we have warm weather and we just want to get out of our houses and enjoy the sunshine! Soon, we will see moms, babies and their families at the parks and everywhere. Being a new mom can feel so isolating, despite the weather, and breastfeeding can make this isolation feel even worse if you are not comfortable about breastfeeding in public.

The truth is that women and babies have the right to feed and be fed anywhere, anytime. The laws in 47 states (including Missouri) allow women to breastfeed anywhere, with or without a cover, exempt from indecency laws. Many are unaware of that fact, and thus, despite the fact they don't have to, bring a bottle in public, don an uncomfortable and intractable nursing cover, or sit in a public restroom feeding their baby alone.

But while most moms have not been actually intimidated for choosing to nurse in public; many can feel anxious — especially in the beginning when they didn't know better — that it could happen to them because the media focus is always about someone who has received criticism (or worse) for nursing in a public area. Moms then chose to avoid the situation entirely and to either stay home, feeling isolated, or switch to bottle-feeding (either with expressed milk or formula). It's no wonder then that many moms, for a host of reasons, decide to cease breastfeeding and put their baby on formula instead.

Moms need to feel breastfeeding support in their homes and their community. Chillicothe is a Missouri State designated Breastfeeding Friendly City. So, know that you should feel safe, protected and supported to breastfeed your baby in our city and community. Get out and breathe some fresh air and enjoy a bit of the sunshine and fresh flowers! The message is simple: Nursing is normal anytime, anywhere ... any way.

Sources: NBCnews.com, CNN.com, ABCNews.com

Anita Perry, RN, CDE, IBCLC

Q: Why is my newborn eating so much?

Newborns are constantly hungry, and that's OK.

Breast milk is the perfect food for babies, and is quickly digested. With a stomach the size of an egg, it's expected that babies will need to refuel often.

Frequent nursing also serves another purpose. Your breasts work on supply and demand. The greater the demand, the more milk your body will produce.

Your baby is helping your body to learn how much milk it needs to make. So grab a seat and relax.

Source: Mom365

Every Drop is Valuable

The decision about how long to breastfeed is very personal and can depend on a number of factors. We know that every drop of breast milk that a baby receives is valuable and the longer breastfeeding continues the greater the benefits to both your baby and you. The American Academy of Pediatrics (AAP) recommends that breastfeeding continue for at least 12 months, and thereafter for as long as mother and baby desire. The World Health Organization recommends continued breastfeeding up to 2 years of age or beyond.

Only mother and child can determine how long to continue breastfeeding, but whatever you choose, try not to let others sway you from what feels right for your unique breastfeeding experience. Work out what is right for you and your baby – whether it's one day or two years.

Source: Breastfeedingnetwork.org.uk, momtastic.com

Tips for Going Back to Work

Amanda Kline, WIC Breastfeeding Peer Counselor

Going back to work after having your baby can be a stressful time. Some moms get anxiety over wondering how much breast milk to send with their child to daycare and how they are going to pump at work? Here are some tips to help make going back to work not as stressful.

The first thing that I tell moms is to make sure and talk to your employer about breastfeeding before you return to work. Let them know how long it takes you to pump. Keep in mind when you tell your employer the amount of time it takes you to pump this does not include the amount of time it takes you to get everything ready and put away. By doing this, it will help them have your breaks already set in place so that the day you come back you and your employer are not stressed trying to fit in your breaks.

Keep talking with your boss about your schedule and what is or isn't working for you. Under the Patient Protection and Affordable Care Act, most employers, with few exceptions, must offer a breastfeeding employee reasonable break times to pump for up to 1 year after her baby is born and a place other than a bathroom to comfortably, safely, and privately express breast milk.

I also suggest packing a bag with everything that you need the night before. In your bag you will want to have your pump, all the pump parts, breast pads, an extra shirt, a picture of you baby or something that has their scent on it, and if there is no access to a fridge then make sure you bring a little cooler with ice packs.

If you work an eight hour shift you will want to pump at least twice. When you go back to work you do not have to have a whole freezer full of breast milk. If you have enough to get them by for the first day at daycare then what you pump at work will be for the next day. Try to not get all stressed out on your first day back, just know that after you get into a routine it will get easier.

Source: Womenshealth.gov

Smoking & Pregnancy

Mothers who smoke are encouraged to quit, however, breast milk remains the ideal food for a baby even if the mother smokes. Although nicotine may be present in breast milk, adverse effects on the infant during breastfeeding have not been reported. AAP recognizes pregnancy and lactation as two ideal times to promote smoking cessation, but does not indicate that mothers who smoke should not breastfeed.

The risks do increase if you smoke more than 20 cigarettes per day. Don't smoke immediately before or during breastfeeding. It will inhibit let-down and is dangerous to your baby. Smoke immediately after breastfeeding to cut down on the amount of nicotine in your milk during nursing.

Honestly, less smoking in your house will be good for your whole family's health, not just your baby's. Stop or cut down if you possibly can, but remember, even if you can't, breastfeeding still provides significant health benefits for both you and your baby.

1-800-QUIT-NOW or go to www.quitnow.net/Missouri

Source: Breastfeeding Information, Fit Pregnancy



Mom of the Month

Katelyn Hoppe & Kasen

My favorite part of breastfeeding is not only the amount of money and time it saves but also the bonding and snuggles.

Also, breastfeeding provides Kasen with nutrients that formula can't. It also provides physical touch that strengthens bonding.

Advice I would give to new moms is to stick with it. I struggled at first with latching on but kept at it and it got easier.

Returning to work was also a big challenge for me. It's important to take time to pump. Talk with your employer about your desire to breastfeed and work out a schedule that you stick to.

I'm not able to pump as much as I'd like, but am still collecting milk and keeping up my milk supply.

Livingston County Health Center

660-646-5506 livcohealthcenter.com

All services provided on a non-discriminatory basis.

USDA is an equal opportunity provider and employer.

