



Public Health
Prevent. Promote. Protect.

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

September/October
2018

breastfeeding



Car Seat Safety...

Car seat accidents are the leading cause of death among children in the US, however, many of these deaths could be prevented if children are properly restrained into car seats made to fit their height, weight, and age.

The findings from a yearlong study by the Centers for Disease Control were mind-blowing in that they found more than 618,000 children ages 0 to 12 we're riding in vehicles without the use of the proper car seat or a seat belt.

In 2015, 35% of children ages 12 and younger who died in a car crash were not buckled correctly in the car. This is so sad, given that it's a proven fact that properly installed car seats save lives.

While safety belts offer excellent protection for adults, they are not designed to keep children safe in the event of a motor vehicle accident.

Missouri law states:

- Children should stay in a rear-facing child safety seat until 1 year old and 20 lbs.*

**The American Academy of Pediatrics is now saying that babies should remain rear-facing until they reach the maximum height and weight allowed by the car seat manufacturer.*

The updated guidelines are a significant change from the previous recommendation that babies remain rear facing until at least age two. Because the new guidelines are now based on the size of the child, some children will remain rear facing even after turning two.

The AAP said all infants and toddlers should ride in rear-facing car seats for "as long as possible, until they reach the highest weight or height allowed" by the seat's manufacturer.

- A child less than 4 years old or weighing less than 40 lbs. must be secured in a child passenger restraint system appropriate for the child.
- A child 4 through 7 years old, who also weighs at least 40 lbs. must be in a child passenger restraint system or booster seat until they are at least 80 lbs. or 4 feet 9 inches tall.
- Children 8 years old and older or at least 80 lbs., or more than 4 feet 9 inches, may ride fastened in a seatbelt.
- All children under 16 years old must be properly secured in a vehicle.

The fine for violating Missouri's child safety law is \$50 plus court costs. Child safety seat requirements do not apply to children who are being transported in a school bus or public carrier for hire.

If you have any questions about this topic or would like your car seat checked call me (Amanda Kline) 660-973-0154 to set up an appointment.

Amanda Kline, WIC Breastfeeding Peer Counselor and Certified Child Passenger Technician

Source: Safekids.org

Q: When should I start pumping in preparation for returning to work?

It is hard to be separated from your baby, but being able to nurse when you are together benefits both of you physically and emotionally.

The look on your baby's face when you walk in the door after a long separation as he eagerly anticipates 'reconnecting' at the breast makes the effort of maintaining the nursing relationship well worth it.

Breastfeeding experts recommend to begin pumping as early as three weeks and introducing your baby to the bottle at three to four weeks of age because it is good for your baby to get used to having breast milk from both you and the bottle. Breast milk bottle-feeding will allow working moms flexibility!

You'll get a feel for how much he will eat at each feeding as he begins to take bottles on a regular basis. When in doubt, see the baby's health care provider for further information or direction.

Breastfeeding Support Group

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

When Using Nipple Shields...

Nipple shields are protective silicone covers worn over the nipple during nursing. They're generally considered a short term solution to breastfeeding problems, which can be caused by flat or inverted nipples, or difficulty latching.

Some women try nipple shields in the hopes they will relieve breastfeeding pain, but that isn't the best idea. Nipple shields often don't help mothers with sore nipples and may even cause more damage and pain because the baby just ends up sucking at the tip of the shield. In some instances, it may be more helpful to seek early help to correct latch issues.

If you're using nipple shields because you've been advised to by a healthcare professional, look for some made of thin, clear silicone. Some even have a cutout to allow more skin-to-skin contact.

To put on a nipple shield, turn the rim inside out. Place the tip (which is not inside out) over your nipple, then pull down the rim. As you pull the edges of the shield over your breast, it will draw your nipple fully into the nipple of the shield.

Make sure your baby is still latching deeply to the breast—his mouth should be open wide and his lips and cheeks should be touching the breast, not sliding back and forth on the shield. And be sure that he's getting enough milk with the shield on. Your baby should have at least six really wet diapers in every 24-hour period. If the shield isn't worn correctly and there isn't enough milk getting to your baby, he may become hungry and fussy. It also puts you at greater risk for lowered milk supply, plugged ducts and mastitis.

If you are concerned about whether your infant is getting enough and gaining weight, we are happy to weigh your baby at the Livingston County Health Center. Just give us a call at 660-646-5506 to let us know you are on your way!

Source: Today's Parent

What is "True Milk"?

When you're still pregnant your body starts producing colostrum. Colostrum, also known as "liquid gold," is a nutrient-rich, syrupy, pre-milk miracle that your baby needs in its first few days of life. After your baby is born, and you have delivered the placenta, the hormone prolactin is released in your brain. Prolactin signals your body to make plenty of milk for your new baby.

After two to three days your body typically starts producing "true" milk; however, it can take five or six days for some moms, and that's OK. You'll be able to tell when your milk is coming in because your breasts will start to feel full and heavy. The veins in your breasts may stand out more too.

Your breasts make milk on demand for your baby, so the more you feed, the more you'll make. Skin-to-skin cuddles with your baby snuggling on your chest are a great way to help you feed as often as she wants to. This will encourage your milk to come in quicker too.

If you're concerned about whether your baby is getting enough milk, call your health care provider or a lactation consultant.

Source: Babble.com



Mom of the Month Mindi Mansfield & Easton

Out of all the things that I love about breastfeeding, my favorite is that it's the most natural way to feed my baby and it produces the most organic food for baby.

My son is three months old and occasionally goes on nursing strikes where he repeatedly latches on and off and gets very upset at the breast. I usually stand up and walk around the first few minutes he nurses in order to get him to calm down and nurse.

I have also encountered multiple plugged ducts in the past few months. They can be so painful and sometimes leave me feeling under the weather and stressed but having him nurse the affected side more often and pumping between feedings has helped get rid of them every time.

I highly encourage mommas to breastfeed. It comes with its fair share of trials, but the good that comes from it far outweighs any down sides to breastfeeding.

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.

