

Immunizations

THURSDAYS

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Public Health

Prevent. Promote. Protect.

breastfeeding

July/August
2024



Breastfeeding Benefits Mom & Baby

Anita Perry, RN, IBCLC

Most would agree that breast milk is the best source of nutrition for most babies. Even better, mothers can conveniently breastfeed anytime and anywhere. Mothers can feed their babies on the go without worrying about having to mix formula or prepare bottles. When traveling, breastfeeding can also provide a source of comfort for babies whose normal routine is disrupted.

The Dietary Guidelines for Americans, the American Academy of Pediatrics and the World Health Organization all recommend exclusive breastfeeding for about the first six months, with continued breastfeeding while introducing appropriate complementary foods until children are 12 months old or older. As the baby grows, the mother's breast milk will change to meet the baby's nutritional needs.

Breastfeeding can help protect babies against some short- and long-term illnesses and diseases. Studies show that breast fed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS). Breastfed babies are also less likely to have ear infections and stomach bugs.

Breastfeeding has health benefits for the mother too! Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.

The benefits of breastfeeding are clear: Breast milk provides a baby with ideal nutrition and supports growth and development, and breastfeeding can also help protect baby and mom against certain illnesses and diseases.

Source: breastfeedingresourcecenter.org

World Breastfeeding Week

Shelby Hayes, WIC Breastfeeding Peer Counselor

World Breastfeeding Week was started in 1992 to generate public awareness and support for breastfeeding. WBW is recognized as 1-7 August every year.



WABA | WORLD BREASTFEEDING WEEK 2024

In celebration, we will be hosting our annual Breastfeeding Baby Shower on Tuesday August 6th from 5:30-6:30 at the Celebrations Event Hall.

This event is for the promotion of breastfeeding and to help normalize breastfeeding in our community.

Each mother who registers will receive a pack of diapers, a goodie bag with samples along with pregnancy, breastfeeding and parenting resources. There will also be prize drawings and giveaways from our vendors!

Be sure to register by Wednesday July 31st .

Source: World Alliance for Breastfeeding Action

Q: Is it safe to eat fruit while breastfeeding?

Answer: Yes, fruit is safe to eat while breastfeeding. Fruits contain potent antioxidants and vitamins that breastfeeding moms can't always get from other food groups.

Moms should eat a healthy, well-balanced diet that includes all food groups, including fruits.

Blueberries are just one example of an ideal fruit to eat while breastfeeding and they're a nutritional powerhouse. These high-calorie fruits will keep you full as the day goes on, making them an excellent choice for moms on the go. Blueberries are known as lactagogue fruit, which is a fruit that can help increase your milk supply.

Eating blueberries can help you reach your goal if you need some help producing more milk.

Some fruits are known to cause digestive problems in babies or cause milk supply to fluctuate in the mom.

Knowing which fruits to avoid while breastfeeding is essential to maintain a healthy feeding schedule for your baby. Check with your pediatrician to determine the best nutritional path while you're breastfeeding to have a better idea of which fruits to avoid.

Source: LaLeche League UK

Tips for Getting Off to a Good Start

Shelby Hayes, WIC Breastfeeding Peer Counselor

Deciding to breastfeed is a wonderful decision to make for you and your baby.

Breast milk provides complete nutrition for your infant and helps to prevent illness. Breastfeeding is natural, but it doesn't always come naturally or easy for every mom and baby.

These tips can help make sure your baby gets off to a great start!

- Nurse within the first hour of giving birth
- Do skin-to-skin as much as possible, especially the first few weeks
- Make sure the baby has a good latch. Try different positions such as the football hold or side lying. Be sure to hold baby belly to belly, when nursing in the cradle position.
- Nurse baby frequently, usually every 2 hours, or at least 8-10 times in a 24-hour period
- Make sure to drink plenty of water and eat to stay nourished
- Avoid introducing a bottle until breastfeeding is well established. Around 3-4 weeks old.
- My best advice is to follow your baby's lead and listen to your gut instinct. If you feel that you need further assistance don't be afraid to reach out for help.

Source: www.chop.edu/breastfeeding



Mom of the Month

Kylie Walters & Kacey

I have been breastfeeding my little boy, Kacey for almost six months now. He was an amazing newborn and latched on right after birth. He is my fourth baby and first boy!

I breastfed my first two babies for less than two weeks. I didn't continue breastfeeding my girls due to how much pain I had while recovering from cesarean. I always wished I would have stuck with it just a little longer and pushed through because the first couple weeks after birth are the hardest.

The first couple of weeks after having my baby boy were also challenging. I dealt with mastitis and what I thought at the time was low supply. My little boy had no problem latching on but had a shallow latch. We had to work really hard to make sure he wasn't doing any damage to my nipples.

For a couple weeks I would pump half the day and breastfed him the other half since his latch was so painful. As he grew his latch got better and now we exclusively breastfeed. Combo feeding was extremely hard and I was so happy to ditch the bottles and pumps.

My current goal is to continue breastfeeding him till he turns one.

We love to go in his room and rock in the rocking chair and nurse. He is becoming an active eater and gets very distracted when he hears his big sisters playing.

Some things that have helped me so far on this journey are having an encouraging husband, good quality nursing bras, healthy snacks, staying hydrated, and taking time to relax and enjoy this season with my baby.

I look forward to continue feeding and bonding with my sweet baby!

VERY BERRY LACTATION SMOOTHIE



2/3 cups fresh or frozen berries



1/2 cup yogurt (Use Greek for extra protein!)



1 cup milk of choice



1/2 cup rolled oats



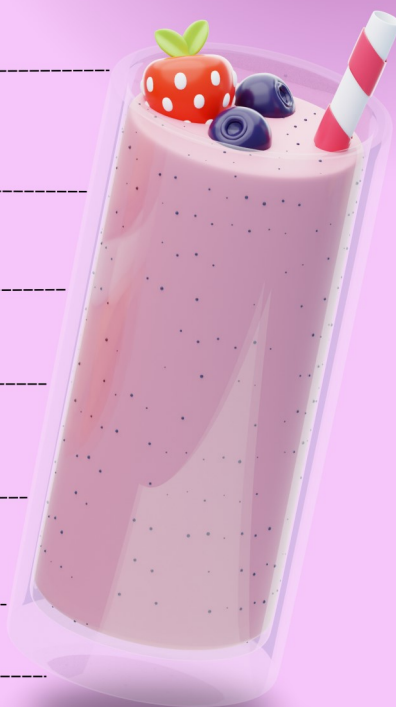
1 Tbsp. ground flaxseed or wheat germ



1 tsp. honey



1 tsp. brewer's yeast



Directions: First, blend together the berries, yogurt, and milk. (Add milk to the blender first.) Then, add in the oats, flaxseed/wheat germ, sweetener, and brewer's yeast and blend again until smooth. (This will take a while to get smooth with the oats.)

Livingston County Health Center

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