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THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506



breastfeeding



Pump & Flange Size: Does Size Matter?

Anita Perry, RN, IBCLC

Within the last year, possibly as few as the last 6 months, **new information is showing the importance of flange size when pumping. Why does size matter?**

Well, the **short answer is because it affects the pumping output amount** and overall efficacy. The **long-winded answer has to do with the importance of appropriately snug breast and nipple stimulation**, just as a baby would do when feeding at the breast.

With an appropriately fitting flange, pumping moms have commented: **“I have never seen milk spray from my nipple like that”** or **“This doesn’t hurt like it used to”** and even **“I didn’t see ANY milk come out when pumping before!”**

Many **breastfeeding moms share that there is no feeling more gratifying than to be able to provide breastmilk** for their infant. Further research still needs to be done, but **currently, whether the mom is pumping once in a blue moon or exclusively pumping, this flange fitting process is now recommended** for all to help encourage comfort, milk output and overall pumping efficiency. In fact, **some pump companies have gone as far as to start sending flange sizing rulers along with their pumps**, which is great, and **there is help for this in our own community!**

Give us a call at 660-646-5506 or 660-654-5743 for more information.

Source: breastfeedingresourcecenter.org

Breastfeeding Support Group

Shelby Hayes, WIC Breastfeeding Peer Counselor

As the **breastfeeding peer counselor**, I love to **support other moms during their breastfeeding journey** with any help I can provide.

I host **Mother-to-Mother Support Group** the **first Tuesday of each month**. We meet **once quarterly in person**, with the **other months hosted on Facebook**.

At these events we **discuss a range of topics** from **breastfeeding goals**, to **concerns**, and **how to overcome barriers** you may be experiencing. Our support group is a **great place for expecting and breastfeeding mothers to come ask questions and offer support and encouragement** to other moms.

Our **next in-person group is scheduled for Tuesday May 7th at noon**, at the **Livingston County Health Center**. One of the **main topics we plan to discuss will be pumping and flange fitting**. If you are a **pumping mother or plan to pump breastmilk for your baby** after delivery, I **encourage you to come learn about the importance of flange sizes and get fitted** so that you can have the best pumping experience possible.

We will have **light refreshments and a giveaway!** You can **RSVP by calling or messaging Shelby at 660-654-5743**

Q: How can I build an abundant milk supply?

Answer: Your milk supply is established during the first few weeks of your baby’s life.

The amount you breastfeed in the early days will help determine the amount of milk you will have as your baby grows older. Breastfeeding works on supply and demand.

Here are a few tips and things to consider when trying to build a good milk supply for your baby.

- Help baby get a good latch. (reach out for help if you need it, especially if experiencing soreness.)
- Nurse on demand or at least 8–12 times in 24 hours.
- Offer both breast at every feeding until breastfeeding is well established.
- Skin-to-skin contact, especially following delivery and then continue skin-to-skin for the first few months.
- If you are separated from your baby, pump every 2 hours or 8–12 times in 24 hours.
- Watch for hunger cues.
- Stay hydrated.

Shelby Hayes, WIC Peer Counselor

Source: LaLeche League UK

Benefits of Breastfeeding

Breastfeeding has many benefits to both mom and baby. Breastfeeding helps to build your baby's immune system and provides your baby with all the nutrients they need for the first year.

Breastmilk even changes over time as your baby grows and their nutritional needs change.

Here is just a small list of benefits breastfeeding has to offer.

Benefits for baby

- Protection of illness or disease such as:
 - Ear infections
 - Respiratory infections
 - Risk of childhood obesity
 - Eczema
 - Type 2 diabetes
 - Childhood leukemia
 - Sudden Infant Death Syndrome (SIDS).
- Digests easily
- Soothing to help calm fussy babies

Benefits for Mothers:

- Recover more quickly from childbirth
- Reduce risk for high blood pressure, breast and ovarian cancer and type 2 diabetes.
- Bonding with baby
- Cost effective
- Convenient
- Breastmilk is always available and always at the right temperature.

Source: womenshealth.gov

Breast Preference

Infants may have periods of preferring one breast to the other. You may notice your baby fussing or pulling away from one breast. A newborn may struggle to latch on to one breast over the other because of breast engorgement, a difference in the nipple, or poor latch-on technique.

If your baby is very young (under 3 months) try to gently and persistently encourage him to nurse at the less-preferred breast by always offering the shunned breast first, when he's hungriest.

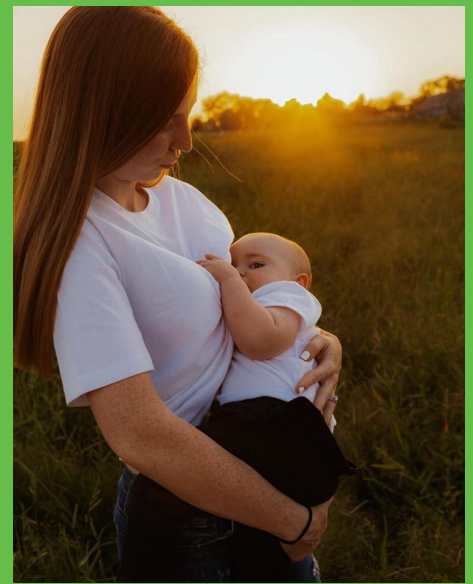
The problem with allowing your baby to nurse on one side only is that he may not be able to get enough from just the one breast, and you may lose your milk supply in the other breast if he's not nursing from it regularly.

If you're unable to get your newborn to nurse from both breasts equally, you'll need to protect your milk production by pumping the shunned breast with a fully automatic pump after each nursing session until you're able to get your baby to latch on to that side. (Keep trying!)

You'll probably also need to use the expressed milk to supplement your baby's feedings.

If you do start to appear lopsided, don't worry too much — your breasts will usually become even again after weaning.

Source: Baby Center



Mom of the Month

Maddy Moore & Freyah

When I had my son, I attempted to breastfeed and only lasted 3 weeks, which honestly felt like a failure. So when I found out I was pregnant with my daughter, I did all kinds of research on breastfeeding to prepare better the second time around.

When she latched I thought it would be so easy since my son never had, but that's when I discovered the physical pain that comes in the beginning.

Once I got through that pain we got to cluster feeding, then to teething with months worth of no sleep.

Then, when we broke through that phase it's like the storm had passed and it was just us still together but it's finally, "natural" only 18 months later.

Now there are times that she gets on me and gets the drink herself before I even realize what she's doing!

LCHC Breastfeeding Support Staff

The Health Center has two Breastfeeding Support Professionals on staff. Anita Perry is our International Board Certified Lactation Consultant and Shelby Hayes is our WIC Breastfeeding Peer Counselor.

If you need ANY support before you deliver or after, please reach out, they will be happy to help in any way they can!

Livingston County Health Center

660-646-5506 livcohealthcenter.com



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