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660-646-5506



# breastfeeding

## The WIC Program Turns 50!!!

This year, we recognize an incredible milestone in the evolution of maternal and child health care — the 50th anniversary of the Women, Infants, and Children (WIC) program.

Since the opening of the first clinic in 1974, WIC has been an unwavering beacon of support, committed to improving public health outcomes for women, infants, and children.

Good nutrition during the first 2 years of life is vital for healthy growth and development. Starting good nutrition practices early can help children develop healthy dietary patterns.

Every WIC staff member has been trained and is able to support you on your breastfeeding journey. Every local agency has a Peer Counselor to walk beside you, answer questions and support you. They also have an IBCLC (a healthcare professional who specializes in the clinical management of breastfeeding) available to help you.

WIC can also provide breast pumps and breastfeeding equipment (such as replacement tubing and flanges).

The WIC USDA Program has been providing nutrition and breastfeeding education, nutritious foods, and improved healthcare access to at risk, low-income women, infants and children for 50 years!



## Developmental Milestones...

Your baby at two months old is an amazing milestone for you both. You are slowly emerging out of the newborn haze of the last few months, and your baby is no longer a bundled-up newborn.

They're now opening their eyes, stretching their legs, and breaking out into the cutest little baby smiles. While two months is a very exciting time developmentally, you should still expect to breastfeed your baby quite frequently, at least eight times in a 24-hour period, often more.

They probably aren't sleeping through the night yet, babies this age still need to be fed when they wake up at night. So, it's normal if you are still feeling exhausted and overwhelmed, even as you marvel at the amazing ways your baby has grown and changed.

If you want to keep track of your baby's developmental milestones, download the CDC Milestone Tracker app! Capture the QR Code to the right to get started.

Source: CDC, Parents.com



SCAN ME

March/April  
2024



### Q: How can I tell if my baby is hungry?

Answer: This is one of the most common concerns with expectant moms.

Newborns should typically be fed about every two hours for the first few weeks, with one 3-4 hour stretch at night. As your baby gets older, they may go longer between feedings. One way to be able to tell when your baby may be hungry, is to watch for hunger cues. Here is a list of some hunger cues to watch for.

#### Early Hunger cues

- Licking Lips/ making smacking sounds
- Opening mouth or sticking tongue out
- Rooting (moving head side to side, searching for breast)

#### Mid Hunger Cues

- Putting hands in mouth/ sucking on hands
- Getting restless / squirming around

#### Late Hunger Cues

- Getting fussy
- Crying

Remember that crying is a late hunger cue, and sometimes when babies are really upset it can be harder to get them to latch. Breastfeeding is usually easier for both mom and baby, and overall, a more positive experience when mom is aware of early hunger cues.

## Breastfeeding and Food Allergy

Many new mothers wonder if they should avoid certain foods while breastfeeding, but the answer is no. For most breastfeeding moms, there are no foods you must avoid. But you may find that some foods cause stomach upset in your baby.

Talk to your child's doctor if you notice any of these symptoms: vomiting and diarrhea, rash, fussiness during and/or after feedings, or sudden waking with discomfort. If your baby ever has problems breathing, call 911 or go to your nearest emergency room.

If your baby is sensitive to a food you're eating, such as cow's milk, you may notice these signs of a reaction right away or several hours after breastfeeding. The symptoms may last up to a day.

Write down what foods you eat and when you notice the symptoms in your baby to help you find out what foods are causing your baby's symptoms.

You can then not eat these foods for two or three weeks to see if your baby's symptoms go away. Once you stop eating the problem food, your baby's symptoms should go away in one to two weeks.

You may find that after a few months, when your baby is older, you can eat the food again without your baby having any symptoms.

Source: womenshealth.gov

## The Importance of Breast Pump Flange Size

Most pumps or pumping kits only come with two different size flanges. Sometimes neither one of these sizes are the correct size that you will actually need. Having the right size pump flange can make all the difference in your breastfeeding and pumping journey!

If the flange is too large, it may not provide the correct amount of suction and can lead to a lower milk supply, making it harder to keep up with your baby's needs. Also, sometimes the areola can be pulled into the tunnel of the flange along with the nipple. This can result in pain, damage, or infection.

If the flange is too small, it can pinch the breast/ nipple and cause pain and damage. It also can constrict the breast and lead to clogged milk ducts and less milk production overall.

Some women may not experience pain or discomfort even though they are not using the correct size pump flange, but their milk production may still be affected, or they think "my body just doesn't respond well to the pump."

Getting sized by a trained professional is the best way to ensure you have the best experience possible while pumping. We are fortunate to have access to a professional locally at Chillicothe Family Pharmacy. Shannon Jordan can assist you in choosing the right size for your breasts. Give her a call at 660-240-0828.

Source: Office on Women's Health, US Dept. of Health & Human Services



## Mom of the Month

### Brittany Dysart & Dax

Hello, my name is Brittany Dysart. I am a mother of four: Wyatt, Waylon, Dannie, and Dax.

Each of my children have had very different feeding stories. Dax is my youngest son and has been exclusively breastfed for the past nine months due to him being extremely sensitive to all other forms of nutrition.

One of the things I enjoy most about breastfeeding is not having to worry about packing formula everywhere we go. I also enjoy the financial freedom that breastfeeding has given my family.

Formula truly does add up, and with so many other expenses these days it has been a relief to take one thing off our shopping list!

My advice to a mom wondering if she should breastfed or not would be to give it a try. She will always question if she should have, if she doesn't. In the long run, she will know what is best for her and her baby.

I am thankful for the support I have received from the Livingston County Health Department and other breastfeeding mothers. I wouldn't have made it this far without them! It really does take a village.

### LCHC Breastfeeding Support

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](http://livcohealthcenter.com)



USDA/WIC IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.