



Public Health
Prevent. Promote. Protect.

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

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

breastfeeding

Even Ounces Count...

We understand that breastfeeding is a really loaded subject...

How could it not be when it's touted as "the best?" Still, in truth, many times moms are simply given poor breastfeeding care and advice and still in this day and time, little societal support?

They wrestle (often alone) with whether to start or stop nursing, and even have bad experiences along the way leading to guilt, blame, anger, regret and unpleasant memories. Worse when new mothers become at war with each other, instead of encouraging each other... for whatever amount of breastfeeding, blaming the mother for nursing failures and encouraging the backlash against breastfeeding itself – especially when breastfeeding involves more than feeding from the breast.

The Dalai Lama once described breastfeeding as the "first act of... affection and compassion" a mother can give to her baby. What he was referring to was that eating to an infant isn't just about filling a tummy – it's the primary way an infant connects, bonds, and communicates. To both an infant and a mother, feeding time is actually biologically-patterned to be an intimate exchange, an instinctive orchestrated dance, delivering food but also pleasure, comfort, safety, security, warmth and trust. It's a whole body and mind 'experience', not simply an act that satisfies hunger. Feeding is an act of LOVE.

As mothers we want what's best for our babies. We make the best decisions we can based on our own personal circumstances and the information and influences in our lives. Breastmilk is one of the most important gifts you can give your baby. So, breastfeed as much as you can for as long as you can — because every ounce your baby receives gives your baby and you lasting health benefits.

Anita Perry, RN, International Board Certified Lactation Consultant

Sources: bestforbabes.org, breastmilkcounts.com, mother-2-mother.com

September/October
2019



Q: When Would I Use a Nipple Shield?

A: Some situations when they might be helpful temporarily include:

- Sore nipples
- Engorgement
- Flat nipples

Just remember, they are not supposed to be used long-term and should likely be used under the supervision of a lactation consultant so you can be sure you are using your nipple shield properly, are fixing your underlying breastfeeding problem, and can stop using the nipple shield as soon as possible.

Source: Verywell Family

Visual Reminders of Newborn Tummy Size

Remember, the size of the full-term baby's stomach at birth is the size of a small cherry or a shooter marble.

By day three, it will grow to the size of a walnut or ping pong ball, by day seven, to the size of an apricot, and day 30, to the size of the baby's fist or a large chicken egg.



Your stomach is the size of your fist, or a softball. How much does each of these hold?

- Day One: 3 to 5 milliliters per feeding, or 1/2 to 1 teaspoonful
- Day Three: 22 to 27 milliliters or 0.75 to 1 ounce
- Day Seven: 45 to 60 milliliters or 1.5 to 2 ounces
- One Month: 80 to 150 milliliters or 2.5 to 5 ounces

Source: Women Deserve Better



LACTATION COOKIES

ALLRECIPES.COM

INGREDIENTS:

- 2 tablespoons flax seed meal
- 1/4 cup water
- 1 cup butter, softened
- 1 cup white sugar
- 1/2 cup brown sugar
- 3 egg yolks
- 1 1/2 teaspoons pure vanilla extract
- 2 cups all-purpose flour
- 1/4 cup brewers' yeast
- 1 tablespoon wheat germ
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cream of tartar
- 2 1/2 cups old-fashioned oats
- 1 cup chocolate chips

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix flaxseed with water and let soak for 5 minutes.
3. Beat butter, white sugar, and brown sugar together in a large mixing bowl until creamy. Add egg yolks and vanilla extract; beat to incorporate. Stir flax seed mixture into the butter mixture.
4. Mix flour, brewer's yeast, wheat germ, baking soda, salt, and cream of tartar in a separate bowl; add to butter mixture and stir until just combined. Fold oats and chocolate chips into the dough.
5. Roll dough into walnut-sized balls and place 2 inches apart onto a baking sheet.
6. Bake in the preheated oven until the edges are golden, 10 to 12 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.

Should A Mother Stop Breastfeeding When She is Sick?

Believe it or not, breastfeeding mothers rarely need to stop breastfeeding when they are sick.

Some situations when it would be a good idea to stop might include:

- Certain **infections**, like HIV; untreated, **active tuberculosis** (ok to pump); **untreated brucellosis**; **active herpes lesions on her breast** (ok to pump); and mothers who are positive for the **human T-cell lymphotropic virus type I or II**
- **Taking illicit drugs**
- Getting **chemotherapy** for cancer
- Taking **medications that are deemed too dangerous for a breastfeeding baby**, although you should make sure that there aren't alternative drugs that you could take instead

Source: Very Well Family

BREASTFEEDING

S U P P O R T G R O U P

SECOND TUESDAYS | 5:30 P.M. | 800 ADAM DRIVE

LIVINGSTON COUNTY HEALTH CENTER

Livingston County Health Center

660-646-5506 livcohealthcenter.com

All services provided on a non-discriminatory basis.



Mom of the Month

Kylee Lanier & Legend

From the day I found out I was pregnant, my plan was to breastfeed. A first time mom, I was excited to bond through breastfeeding.

My son was delivered through an urgent c-section and life flighted to Children's Mercy, where he stayed for nine days.

I began pumping. I wanted to make sure I had breastmilk for my baby. Legend had a feeding tube and although I couldn't nurse, we gave him breastmilk through the tube.

I struggled with inverted nipples and had to use a nipple shield. I continued to pump and started giving him breastmilk in the bottle.

At my WIC appointment, a nurse helped get Legend to latch. She advised me to pump and then let him latch on. IT WORKED!!!!

A week later, we had a doctor's appointment. He still had not gained a lot.

Legend was becoming fussy and acted like he was always hungry. So I broke down and gave him a few ounces of formula. For the first time in days, he wasn't fussy, he was content. At our next appointment he was at the weight the doctor wanted him at. He thought switching to formula was best.

My heart sank knowing he was right. It took me a bit to not feel guilty when people asked me if he was nursing or on formula and I had to say I was giving him formula. But now, I see it as, I was able to give Legend Ray my breastmilk when he needed it the most.

USDA is an equal opportunity provider and employer.

