



Public Health
Prevent. Promote. Protect.

Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

**July/August
2021**

breastfeeding

Breastfeeding and COVID Vaccine...

Clinical trials for the COVID-19 vaccines currently authorized for use under an Emergency Use Authorization in the United States **did not include people who are breastfeeding.**

Because the vaccines have not been studied on lactating people, there is no data available on the:

- Safety of COVID-19 vaccines in lactating people
- Effects of vaccination on the breastfed baby
- Effects on milk production or excretion

Based on how these vaccines work in the body, COVID-19 vaccines are thought to **NOT** be a risk to lactating people or their breastfeeding babies.

Therefore, lactating people can receive a COVID-19 vaccine. Recent reports have shown that breastfeeding people who have received COVID-19 mRNA vaccines have antibodies in their breastmilk, which could help protect their babies. More data is needed to determine what protection these antibodies may provide to the baby.

Livingston County and the state of Missouri have seen a huge increase in COVID-19 cases in the last couple months, so it's important for those who **CAN** be vaccinated to get vaccinated as soon as possible, especially to protect those who can't, such as any child and infant under 12 years old.

The health center is offering free COVID-19 vaccinations on Tuesday and Thursdays from 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m. An appointment is not needed.

Source: Centers for Disease Control & Prevention

Breastfeeding Awareness Events

August is National Breastfeeding Month, and World Breastfeeding Week (WBW) is the **first week of August** and represents a **global celebration of breastfeeding efforts**, including breastfeeding **promotion, support, education, research, and normalizing breastfeeding** as the gold standard of infant nutrition.

In celebration, we will be holding a **"Baby Shower"** for pregnant and breastfeeding mothers in our community. This event will be held at Simpson Park, in the Kiwanis Shelter by the tennis courts, on Tuesday, August 3rd from 5:30-6:30. You must register to attend. You can register through the google form (use the QR Code to the right) or call the health center at 646-5506.



Q: Is it bad to nurse my baby to sleep? Or when he is upset and not necessarily hungry?

Many mothers feel guilty for breastfeeding their baby for comfort or as they drift off to sleep.

Breastfeeding your child to sleep and for comfort is not a bad thing to do, in fact, it's normal, healthy, and developmentally appropriate.

When your baby nurses for comfort they are also helping to increase your milk supply.

Some of the reasons your baby might "comfort nurse" are: To feel safe, to calm down, to warm up, for reassurance, to connect with mother, for pain relief, or to fall asleep and because babies just love to suck.

Most babies nurse to sleep and wake 1-3 times during the night for the first year or longer. Some babies don't do this, but they are the exception, not the rule.

Many children, if given the choice, prefer to nurse to sleep through the second year and beyond.

I've never seen a convincing reason why mothers shouldn't use this wonderful tool that we've been given.

Focus on the Good...

Shelby Hayes, WIC Breastfeeding Peer Counselor

Breastfeeding is so beautiful and so amazing. Far too often we **only hear the negative sides to breastfeeding** and all the challenges that can come with it.

Plenty of women have no issues at all when it comes to breastfeeding. If there are issues or challenges, those **things can be worked out in the beginning, and you can go on to have an amazing breastfeeding experience** for you and your baby!

Here is a list of just a **FEW** things I think every mom will love when it comes to breastfeeding her baby.

- **Convenience**, milk is always on tap and available anytime.
- **No getting up to make bottles in the middle of the night.**
 - **Amazing bonding experience.**
 - **Anytime baby is upset, nursing usually calms them instantly.**
 - **Easily get them to sleep at night, just by nursing them.**

Summertime Breastfeeding Tips

Summer is the perfect time to have fun, relax, and create memories.

For a breastfeeding mom, **this can mean you'll spend more time breastfeeding your baby on-the-go**, but don't worry.

There are **many ways to relax this summer and provide the best nutrition possible** for your baby.

Follow some of these tips and suggestions for breastfeeding during the summer.

- **Stay Hydrated.** Don't leave home without a water bottle.
- **Relax Wherever You Go.** Don't over commit yourself at gatherings-your priority is nursing.
- **Travel Prepared.** Be sure to pack the essentials you think you'll need on the road so you won't get stressed.
- **Breastfeed When Baby is Hungry, No Matter the Occasion.** You already know you can breastfeed your baby literally anywhere, so don't let others convince you otherwise.

Source: Medela

Mom of the Month

Sandra Pickering & James

James, six months old, is my third child. He is also the only one of my children that I have successfully nursed for more than 2 weeks. With my first two children, I would say I wasn't

successful because of lack of knowledge and not wanting

to ask for help. The lactation specialist I saw at the hospital, I felt was just frustrating my baby which in turn frustrated me. With James, I decided I was going to ask for some help and I am so glad I did.

I am an exclusive pumper (EP). When James was about a month old, I ended up with mastitis and thrush at the same time. James had a poor latch due to his lip tie. I started to pump until I could get his lip snipped. When he got his lip snipped it didn't correct his latch, it actually just grew back. At that time, I decided I was just going to EP.

Some may think that exclusive pumping is the easy way out, but honestly it is challenging, time consuming, and stressful. There are so many days I want to give up.

I am tired of being attached to a pump or getting to work to find that I forgot a piece to my pump. I am tired of being the first one awake and the last to go to bed because I am pumping or having to wash bottles and pump parts a gillion times a day. I am just tired of being tired.

I have made the comment a hundred times to my husband that I am going to give up, but then come the next pump session I am sitting in that chair again!

The benefits of breastmilk are just so amazing that I can't give up. It is so rewarding not just knowing that breastmilk is best for my son, but also having the privilege of donating 2,500+ ounces to other babies in need, which is just an amazing feeling as well.

James at 5 months old tested positive for COVID-19. The first thing the doctor asked is whether he was on formula or breastmilk. When I told him breastmilk, he was almost positive that he was going to be just fine with very minor symptoms. Indeed, his symptoms were very minor. Slight fever, sleepy, and crabby. There were three days I could see the difference in my breastmilk, and at that point I was a firm believer that my breastmilk was what potentially kept him from getting more severe symptoms.

My advice to moms out there is to not be afraid to ask for help, and to set your goals small. My original goal was 1 year, and then it started to just get smaller and smaller because it was easier to make it to a smaller goal. My goal today is just to make it to my next session, and look at me, I am half way to my original goal.



Livingston County Health Center

660-646-5506 livcohealthcenter.com

All services provided on a non-discriminatory basis.

