



Public Health
Prevent. Promote. Protect.

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

January/February
2020

breastfeeding



My Love, My Valentine...

You've spent months imagining meeting your baby – now the wait is over.

Breastfeeding is a **special baby bonding time** and the **perfect opportunity for you to get to know one another, one-on-one.**

Studies also suggest **breastfeeding may have a direct impact on a mother's brain, promoting 'maternal behavior' and increasing emotional bonding** between the mother and child.

Bonding **happens in many ways** through breastfeeding. **A breastfed baby will happily nurse for long periods of time.** Your baby can **hear your heartbeat and smell your familiar scent**, which is **soothing and comforting.** Your baby will be **cuddled up to you**, warm and comfortable. Your baby will be **reassured by your physical presence.**

But, **nursing your baby also means that your body will release the hormone oxytocin**, also known as the **"love hormone,"** or **"bonding hormone,"** that **promote mothering behaviors**, as well as **bonding between mother and child.**

Your **baby can see in black, white and grey** from birth and can focus **on things less than 10 inches away.** That's **near enough for her to see your face when breastfeeding** – she **might even make eye contact** with you for a few moments. In the **early days your baby will be breastfeeding very frequently**, so you'll be **experiencing this intimate connection multiple times a day.**

Breastfeeding gives you an **amazing opportunity to have a really close bond** with your baby, to **offer comfort in a unique way from anyone else in your baby's life** and to **nurture your child.**

Source: medela.com, kaboutjie.com

Breastfeeding Resolutions

Source: WIC, USDA

The **new year is a great time for making resolutions** and setting goals. When it comes to breastfeeding, most have heard of the **recommendation to exclusively breastfeed for six months**, and **continue breastfeeding for at least a year.**

Six months or a year may feel like a long time. Instead of focusing on the long-term, **set realistic short-term goals.** Set a **goal of two weeks, then two months**, etc.... Or tell yourself **"One more day"** and keep going. Taking **small steps will help you celebrate the many milestones** between your **baby's birth and first birthday.** As you continue to practice, **breastfeeding will get easier.**

Short-term goals **might include visiting a lactation consultant or breastfeeding peer counselor** to help you get a **good latch or making it through the first growth spurt.** Once you've **reached the first goal, set a new one!**

Shelby Hayes, Breastfeeding Peer Counselor



Q: Can I keep breastfeeding if I have a cold?

Answer: If you find yourself **under the weather with a fever, cold, stomach virus or flu**, fear not.

It is just fine, **under most circumstances, to continue breastfeeding.** Chances are **you have exposed those around you to your illness already**, including your baby. The good news is **your body produces illness-fighting antibodies**, and they are **working double time for the benefit of your baby through breastmilk.**

It is **important to still use measures like washing your hands often and trying to avoid coughing and sneezing around your baby.**

Since **rest is the best remedy**, be sure that you are **getting plenty of it.** If you can have a **helper to bring your baby to you for feedings**, you might be **likelier to get that much-needed rest.**

Source: New Health Advisor

Breastfeeding Support Group

First Tuesday of Each Month @ 12:00 p.m.

Health Center Classroom
Come Join Us!

Breastfeeding and Weight Loss

Shelby Hayes, Breastfeeding peer counselor

It’s true that breastfeeding can help you manage or lose your postpartum weight. Most breastfeeding moms burn about 500 extra calories a day, which could lead to faster weight loss after birth. Although that doesn’t mean breastfeeding is a weight loss miracle, it can jump start the process.

Some women find that they don’t notice any weight loss or even gain weight while breastfeeding. One reason is that breastfeeding tends to increase hunger. Studies show some women eat more and move less while nursing, compensating for the extra calorie burn of breastfeeding.

Unfortunately, trying to lose weight while breastfeeding may cause issues that can affect your ability to successfully breast feed your baby. It is recommended to not “diet” while breastfeeding because eating too little may make it hard to produce enough milk. Your body needs the extra calories to produce milk!

For healthy weight loss while breastfeeding, it’s best to avoid crash diets. Instead focus on eating a healthy, balanced diet to give your body the fuel it needs. Eat protein and fiber-rich whole foods, drink plenty of water, and exercise. Avoid soda, the drive-thru and pre-packaged foods usually full of preservatives and hidden calories.

Don’t panic if the pounds don’t all drop off in the first month. Safe weight loss is around 1-2 pounds per month.

Most importantly, keep in mind that breastfeeding offers many other benefits, for both you and your baby!

Source: Healthline

Quick, Healthy Snacks

Shelby Hayes, Breastfeeding Peer Counselor

Having snacks that are quick and easy to eat are essential to new moms. However making the choice for healthy vs. junk can sometimes be tricky, as processed foods are usually easy to grab.

Here is a list of some healthy options for breastfeeding mothers.

- Trail Mix, with nuts & dried fruit
- Hard Boiled Eggs
- Greek Yogurt with Granola
- Hummus & Veggies
- String Cheese
- Apple Slices & Peanut butter
- Smoothies
- Granola bars
- Tuna & Celery
- Avocado Slices
- Easy to grab fruit: bananas, apples, blueberries, grapes, Mandarin oranges, pears

Source: Mom to Mom Nutrition



Mom of the Month

Megan Coe

Both of my children were breastfed, although our journeys were slightly different.

Labor with Adalynn was very long & tiresome, over 30 hours. With some help from the nurses she latched fairly quickly, & did very well. I wasn’t exactly sure what to expect with being a first time young mom. I successfully breastfed Adalynn for about 2 1/2 yrs.

Ryker was a fairly easy labor, but breastfeeding didn’t start off as smoothly. He did not want to latch right away, & in fact didn’t for quite a few hours. This worried me, but the nurses & my mother reassured me that all will be well. I finally got him to latch but he just didn’t seem interested or even hungry. Nurses suggested to wake him every couple hours, change his diaper & to remove all of his clothing then try to breastfeed him.

He finally got the hang of things & hasn’t stopped since. We are still sharing this journey 16 months later with no end in sight.

My advice to new moms is don’t give up & definitely don’t be afraid to ask for help! The bond you create with your children is one you will never forget!

Livingston County Health Center

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