

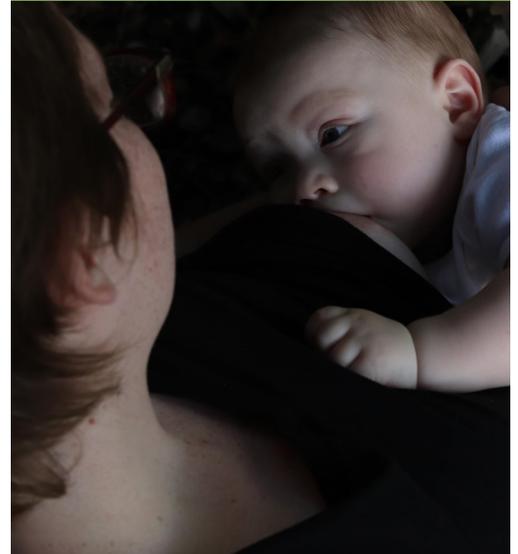
Immunization Clinics

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January/February
2021

Public Health
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breastfeeding



It's A New Year...

Oh-my-gosh! Were you as happy to see 2020 end as much as I was?! We could all use a fresh start and some good luck as we move forward and hopefully in the right direction. It will be nice to begin to start trying to get back to normal, or at least a new normal, as we ring in the New Year and throughout 2021.

I said many times last year, that as bad as it was for everyone, I couldn't imagine being pregnant or having a baby during a pandemic. In saying that, the studies have been indicating that if we get the Co-VID virus, we pass the antibodies to our babies through breastfeeding not the live virus. These antibodies then inadvertently protect the baby from all Co-VID exposure just by breastfeeding them!

Women can “feel pretty comfortable breastfeeding” during the pandemic, stated Christina Chambers, a perinatal epidemiologist at the University of California, San Diego. To date, there's no evidence that a mother can transmit Co-VID to her baby through breast milk, Chambers says. She and others have tested breast milk for the corona virus and found a few positive results, but no live virus which means no illness.

Shoo, that made me feel better, and I hope for you, it helps you understand even more how breastfeeding is makes such an impact on your baby's health, today, tomorrow, and possibly the rest of their lives. Hopefully we will all soon have a vaccination to protect us from corona virus and this will all be just something that they talk about in the history books about the year 2020.

Anita Perry, RN, IBCLC

Source: thescientist.com

Q: How do I know if my baby is hungry?

Answer: Watch your baby for these early signs of hunger:

- Sucks his or her hands
- Licks her lips
- Moves and stretches her arms
- Opens her mouth
- Turns her head from side to side
- Turns her head toward your head or chest

Don't wait until your baby cries before offering your breast.

A crying baby can have a hard time latching.

Source: nursingmothers.org

COVID Vaccination...

There are no study results at this time on the safety of COVID-19 vaccines in breastfeeding women or on the effects of mRNA vaccines (the type in this vaccine) on the breastfed infant or on milk production/excretion. mRNA vaccines are not thought to be a risk to the breastfeeding infant. People who are breastfeeding and are part of a group recommended to receive a COVID-19 vaccine, such as healthcare personnel, may choose to be vaccinated.

The risks of the vaccine, versus the risks of the illness of the corona virus will have to be weighed by each individual.

Please consult your personal physician or healthcare designee to help you decide if the vaccine is right for your individual circumstances.

Source: Centers for Disease Control and Prevention



Benefits to Extended Nursing...

Shelby Hayes, WIC Breastfeeding Peer Counselor

Actually, most health organizations fully support extended breastfeeding. The World Health Organization emphasizes the importance of nursing up to two years of age or beyond. The American Academy of Family Physicians states that it has been estimated that a natural weaning age for humans is between two and seven years and that breastfeeding should ideally continue beyond infancy. The Academy of Breastfeeding Medicine says that there is no medical or scientific basis for the claim that extended breastfeeding is harmful to mother or infant.

There are several health benefits to nursing your child into his or her toddler years. Breastfeeding boosts brain development, and by breastfeeding past the standard one year of age, he or she will continue to benefit from the protein, calcium, fat, vitamins, and other nutrients in breast milk.

Women who breastfeed their babies are less likely to have breast, ovarian, and endometrial cancer. The benefits are cumulative, meaning that if a mom breastfeeds two babies for two years each, the benefit is equal to that of a mom who breastfeeds four babies for one year each.

Breastfeeding often increases the intimacy and attachment between the child and mother. Even so, it is important that each mother decides what is right for her family and doesn't get bogged down by society "norms."

No matter what you do, if you're breastfeeding, you're doing a great job.

Source: babble, Parents

Breastmilk Changes As Baby Ages

Our bodies were designed to accommodate our growing babies. It's incredibly fascinating how your milk changes with your baby, providing essential nutrients at each stage of development. Breast milk is beneficial no matter what age the baby or child is.

Colostrum, baby's first breast milk, provides immunities that notably protect the stomach and intestines. At 6 weeks, breast milk has its highest concentration of antibodies to protect the baby from viruses and bacteria.

Breast milk around 3 months is full of calories to bulk up for upcoming milestones, i.e. crawling and sitting up by themselves. At around 6 months, breast milk for your baby is high in omega acids essential for brain development.

And by 12 months, breast milk is high in both calories and omega acids for muscle growth and brain development. Breast milk changes all throughout the baby's first year of life and beyond, continuing to provide the bulk of your baby's nutritional needs, making it nature's perfect food for your baby.

Source: Mother Select



Mom of the Month Shelby & June

Most of you know me, but for those that don't, my name is Shelby Hayes and I am the WIC Breastfeeding Peer Counselor with the Livingston County Health Center.

I am currently breastfeeding my 8 month old daughter. She is our 5th and final baby! I am sure most people think that breastfeeding comes so naturally after 5 babies, however each baby is so different and so is the bond and nursing experience.

It took us a few days to get her to latch correctly and I had some pain in the beginning. I have also battled thrush a few times, but after we both got the hang of things we have had a pretty good experience.

My best advice is to just go with the flow and follow your baby's lead when it comes to breastfeeding. We are not on a set schedule and some days she nurses way more than others, and that is definitely ok!

I love nursing her, she reminds me to slow down and just enjoy the moment, which with 4 other kids to take care of, sometimes that is hard to do.

Our nursing sessions early in the morning and late at night are my favorite, the house is usually quiet and we have the best one on one time in those moments. I am soaking up all of the sweet baby snuggles I can get!

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Livingston County Health Center

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