



## Immunization Clinics

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# breastfeeding

## COVID-19 and Breastfeeding

What a crazy world we are living in...

Novel Coronavirus (COVID-19) first began as an outbreak in Wuhan, China in December, 2019. Since then, COVID-19 has become a global pandemic that has impacted the world and resulted in the declaration of a national emergency in the United States. There's a lot of conflicting information with every aspect of this virus. For breastfeeding mothers, the uncertainty of the coronavirus is compounded by the stress of deciding how best to feed their children and keep them safe from the outbreak.

The main message is breastfeeding is safe. Both the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) recommend that women continue to breastfeed, even if they are diagnosed with coronavirus.

Moms with the virus should take precautions like wearing a face mask and washing their hands before holding their baby, the organizations recommend.

Early research indicates that COVID-19 cannot be passed through breastmilk, and the virus has not been detected in breast milk. We know that breast milk provides protection against many illnesses, including the flu, and antibodies passed through breastmilk can offer protection to infants.

If you have to be separated temporarily but want to be able to maintain your milk supply you can and should pump. Just remember to wash your hands before coming into contact with the pump, and then wash the entire pump and parts thoroughly after pumping. The expressed milk should be fed to the newborn by a healthy caregiver.

Sources:

## Breastmilk Storage Guidelines...

Proper storage of your breast milk is important. Always wash your hands well with soap and water before handling breastmilk. You can express your milk by hand or with a manual or electric pump. Use breast milk storage bags or clean food-grade containers with tight fitting lids made of glass or plastic to store expressed breast milk, and clearly write the date on the container. It is best to freeze breast milk in small amounts of 2 to 4 ounces to avoid wasting milk that might not be finished. To thaw breastmilk you can heat under warm water or thaw in the fridge, never microwave breastmilk.

Source: Centers for Disease Control

### Human Milk Storage Guidelines

#### Storage Locations and Temperatures

Type of Breast Milk	Countertop 77°F or colder (25°C) (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F or colder (-18°C)
Freshly Expressed or Pumped	Up to 4 hours	Up to 4 days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed
Leftover from a feeding	Use within 2 hours after the baby is finished feeding		

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**Q: I am pregnant. Is it easier for pregnant women to become ill with COVID-19?**

**Answer:** The Royal College of Obstetricians and Gynecologists state that pregnant women do not appear to be more susceptible to the consequences of infection with COVID-19 than the general population. Pregnant women experience changes in their bodies that may increase their risk of some infections. It is known that with viruses from the same family as COVID-19, and other viral respiratory infections, such as influenza, women have had a higher risk of developing severe illness. This is why the CDC says it is always important for pregnant women to protect themselves from illnesses.

# The Importance of Weight Checks

Shelby Hayes, Breastfeeding Peer Counselor

Breastfeeding on demand, also known as “**responsive feeding**”, “**feeding on cue**,” and “**baby-led**” feeding, just means you nurse your baby when he or she signals they are hungry.

It means **not following a set schedule** and **watching your baby, not the clock**. You may feel as though you're nursing your baby constantly, and wonder if your baby really needs to be eating so often.

Keep in mind that **young babies have tiny stomachs, about the size of a walnut**. Breast milk quickly fills their little stomach and is easily digested, so it's no wonder they need to eat again so soon.

When you **follow your baby’s lead** and nurse them on demand, it also helps establish your milk supply. It’s important to remember a newborn who is sleepy or not interested in nursing needs to be fed at a minimum of every 3 hours. Babies benefit more than just nutrition from breastfeeding on demand, they experience skin-to-skin contact, which helps infants regulate their body temperature and blood glucose levels. Skin-to-skin contact also helps with a newborns pain, and stress levels in the baby and mother.

Source: [www.parentingscience.com](http://www.parentingscience.com), [www.babycenter.com](http://www.babycenter.com)

## The Haakka

Shelby Hayes, Breastfeeding Peer Counselor

The Haakka is a **one piece manual breast pump and/or a milk collection device** that is made out of flexible food grade silicone. **Many moms love it because it suctions to you making it essentially a hands free device**. You can use it on **one breast, while nursing your baby on the other, to collect milk that leaks during a letdown and nursing session**.

There are several other uses for the Haakaa. **It can be used to relieve engorgement, or to clear a clogged milk duct**.

**To use the Haakaa to clear a clogged milk duct you fill it with warm water, just enough so that you’re still able to attach it, add a tablespoon of Epsom salt and attach it to the affected breast**.

The combination of warm water, Epsom salt, and suction should pull out the clog. There are several YouTube tutorials on how to attach the Haakaa if you are having trouble getting it to stay put.

Source: Baby Center



## Mom of the Month Joycelynn & Uryjah

I’m Joycelynn, A mother of two beautiful little girls and one handsome



little boy born October of 2019. I am also a bonus mom to two sweet little boys. So as you can see, I have my hands full.

Nursing my son has been one of my most important accomplishments I have ever experienced.

Breastfeeding is/can be overwhelming at first. I was breastfeeding, and was really needing some encouragement so I went on the breastfeeding facebook page and I will never forget this quote that Shelby posted: “Never quit on a bad day. Just give it one more day”. Sometimes a little quote can be so encouraging!

Another challenge I faced was breastfeeding in public. My fiancé was amazingly supportive! I would get so embarrassed. One advice is tank tops under your shirt so that you don’t feel so exposed oh and don’t forget a blanket - haha. You will be surprised about how many people out there and companies out there that support breastfeeding!

What I love most about breastfeeding is the bond! I can’t express the amazing connection you will feel between you and your baby. It is one that I won’t ever forget!

For all of you beautiful mamas out there that want to breastfeed and are considering breastfeeding and are unsure!: **JUST DO IT!**

Give it a try at least! I promise you the first couple weeks can feel like the worst but it does get better! Find support if you are feeling doubtful.

Remember: your providing your baby with benefits through breastfeeding and someone is always there to help. Stay empowered and never give up!

Joycelynn <3

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