



## Immunization Clinics

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September/October  
2020

**Public Health**  
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# breastfeeding



## Cleaning Your Breast Pump

Providing breast milk is one of the best things you can do for your baby's health and development.

Pumping your milk is one way to provide breast milk to your baby. Keeping the parts of your pump clean is critical, because germs can grow in any breast milk residue that remains on pump parts. The steps outlined below are based on the available scientific literature and expert opinion on breast pump hygiene.

- First, before you pump, wash your hands well with soap and water for 20 seconds. Inspect and assemble clean pump kit. If your tubing is moldy, discard and replace immediately.
- After pump use, store milk safely. Cap milk collection bottle or seal milk collection bag, label with date and time, and immediately place in a refrigerator, freezer, or cooler bag with ice packs.
- Clean the pump dials, power switch, and countertop with disinfectant wipes. Take apart breast pump tubing and separate all parts that come in contact with breast/breast milk. Rinse breast pump parts that come into contact with breast/breast milk by holding under running water to remove remaining milk. Do not place parts in sink to rinse. Clean pump parts that come into contact with breast/breast milk as soon as possible after pumping. You can clean your pump parts in a dishwasher or by hand in a wash basin used only for cleaning the pump kit and infant feeding items.
- Add soap and hot water to basin. Scrub items according to pump kit manufacturer's guidance. If using a brush, use a clean one that is used only to clean infant feeding items. Rinse by holding items under running water, or by submerging in fresh water in a separate basin.
- Air-dry thoroughly. Place pump parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Clean wash basin and bottle brush. Rinse them well and allow them to air-dry after each use.

Source: CDC

**Q: My baby is 6 months old, shouldn't I be making a lot more milk than at first?**

**Answer:** The antibodies, type of fat, hormones, and the calories in your breastmilk are always changing. Calories in breastmilk continue to change even though the volume you give is the same, you don't need to give your baby more breastmilk as they get older. So don't stress if you still pump the same amount you pumped when your baby was 6 weeks old but is now 6 months old. From around one month of age the amount of breastmilk your baby eats at a session is what your baby will continue to eat even if they are much older now. As your baby starts eating solids the amount of breastmilk they eat will vary based on how much solid food they are eating each day.

Source: [www.aloha-nutrition.com](http://www.aloha-nutrition.com)

## It's Chili Season...

Shelby Hayes, Breastfeeding Peer Counselor

With the fall always comes Chili and soup season. Many mothers wonder if they can still eat the same foods they have always enjoyed? There is not a list of certain foods that you should avoid just because you are breastfeeding. It is recommended that you eat a well-balanced diet, but you can usually eat whatever you would like, unless you notice an obvious reaction in your baby to certain foods.

Every baby is unique, so what bothers one baby may not bother another. Also the flavor of your breast milk can change depending on a number of factors, and the flavors will vary from one mom to the next. Researchers believe that when you eat a well-balanced diet, you are exposing your baby to a wide range of foods and flavors. Source: [www.kellymom.com](http://www.kellymom.com), [www.checkpregnancy.com](http://www.checkpregnancy.com)



## The First Few Feedings...

Breastfeeding is natural, but that doesn't mean there isn't a lot to learn! At WIC, we've got the info you need that may make your breastfeeding experience more successful.

First, you should feed your baby between 8-12 times within 24 hours. There is no set time for feedings. They may be 15-20 minutes per breast. They may be shorter or longer. Your baby will let you know when he or she is finished feeding. Your baby's eating patterns may change from day to day. Just follow your baby's lead, and that will help you build your milk supply.

Try feeding your baby on the fuller breast first until your baby releases the nipple or falls asleep. Then burp your baby and offer the other breast. Some babies feed from both breasts at each feeding, while other babies are satisfied after one breast. When your breasts feel full, it is important to nurse your baby. That will keep your breasts from becoming overfull.

Breastfeeding is a priority in the WIC program. We know just how challenging breastfeeding can be, and we are dedicated to supporting your breastfeeding journey. To help WIC moms breastfeed successfully, we offer nutritious foods, nutrition education and breastfeeding counseling, as well as referrals to other health and social services. This help may include peer counselor support, breast pumps, and other supplies. To learn more about how we can help, contact us at 660-646-5506.

Source: [wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)

## Signs You Have Enough Milk

One of the top concerns of breastfeeding moms is making enough milk. It's clear that low milk supply isn't just a delusion. One study from 2008 showed that "I didn't have enough milk" and "breastmilk alone doesn't satisfy my baby" as the two top reasons that women stop breastfeeding during the first two months.

Some women are advised that certain foods and supplements to their diets will boost their milk production. But, more importantly, milk supply is dependent on demand and supply mechanism. The more milk you give to the child, the more milk is produced by the breast. There is a sensor in the breast that assesses the amount of milk being released, and according to that, it produces milk.

If your fully-breastfed baby shows two or more of the signs below then you most likely have enough milk:

- At least five heavily-wet disposable diapers (or six to eight very wet cloth diapers) in 24 hours provided no other fluids or solids are being given. A very young baby will usually have two or more soft bowel movements a day for several weeks. An older baby may have fewer than this. Small quantities of strong, dark urine or formed bowel motions indicate that the baby is in need of more breastmilk.
- Good skin color and muscle tone.
- Your baby is alert and reasonably and contented. Your baby will probably wake for night feeds. A few babies sleep through the night at an early age, while most will wake one or more times during the night for quite some time.
- Some weight gain and growth in length.

Source: [bellybelly.com.au](http://bellybelly.com.au), [ca.news.yahoo.com](http://ca.news.yahoo.com)



## Mom of the Month

### Anna Posey & Vessimer

Hello beautiful mamas! I am a mother of two boys, Zsaphyr 5, and Vessimer 8 months old.

My attempt to breastfeed my oldest was a failure, though I had no doubt I simply wasn't producing breastmilk. I was forced to use formula. With my youngest I was determined to be successful at breastfeeding. So far I have been! What a blessing! The money saved is a plus as well.

I was fortunate not to be alone, and I have to give credit to my kiddo's amazing father. He helps me in every way he possibly can; from helping me latch to watching our oldest so I can feed our youngest. My advice would be to surround yourself with people who support you and your breastfeeding journey.

Just relax and spend loads of time with your little ones. These things helped me: Skin to skin! Feeding on demand! Meaning, if your baby is hungry, then feed them (even if they literally just ate). Also go buy the Haakaa! Just do it!

I appreciate the support and acceptance this group has given me, and thank you all for allowing me to give back a little. My hope is my experience will help at least one of you succeed on the journey of breastfeeding.

*USDA is an equal opportunity provider and employer.*



**Livingston County Health Center**

660-646-5506 [livcohealthcenter.com](http://livcohealthcenter.com)