



Public Health
Prevent. Promote. Protect.

Immunization Clinics

THURSDAY, FEBRUARY 9TH

11 AM-4 PM

THURSDAY, FEBRUARY 16TH

7 AM-11:30 AM

THURSDAY, FEBRUARY 23RD

2 P.M.-7 P.M.

CLOSED FEBRUARY 13TH & 20TH

February 2012



breastfeeding



All We Need is Love...

Okay.... maybe some of you feel the same way I do. **I can't WAIT until March the first!!** I don't know. I feel bad to have a month of the year that I could possibly say I "hate," but if I did....it would be February.

Number One... It's still **freaking cold**. And, the **older I get, the less I tolerate being cold**. **I need the sun**.

Number Two... It's my birthday month. Now **typically, this would be a positive thing**, but again, the **older I get, the less I tolerate birthdays, too!** Plus, I'm getting to the point now that I really want...**NEED...** someone to say "**Happy Birthday**" to me. I guess I'm just **thinking that every birthday from now on is a "bonus"** so I want **someone to be happy and acknowledge I'm still around**.

Number Three... Then there's all this love stuff. You know, **Valentine's Day hype**. Again, the **older I get the less I tolerate forgetfulness**. Now, to be fair, **my husband would say he's an all year round romantic**, not a once a year romantic. And, honestly, **the pressure of this holiday is stifling** for most of us. We **JUST got past Christmas**, for goodness sake!

The one positive, is that it is **one time of the year that I think so much of my dad as well**. **Not a Valentine's Day passed after I was grown and moved away from home, that I did not get a small and simple anonymous gift or bouquet of flowers at my place of work or home**. Never signed, not a word..., but my sisters and I knew it was from him. He **NEVER forgot to send "his girls" their valentines**.

So, "Girls,"**pass this on this story to your little girl's daddy**. It will become a treasured memory, from the "first" man in their lives.

Truly, all we need is LOVE. Happy Valentine's Day!

Anita Perry, RN, Certified Breastfeeding Educator

Can you get pregnant while breastfeeding?

Answer: Like the old Christmas movie "**Yes, Virginia, there is a Santa Claus...**" **Yes, you can get pregnant when your breastfeed**. When you breastfeed, **your ovaries can stop releasing eggs**, making it harder for you to get pregnant. Your **periods can also stop**. But, there are **no guarantees that you will not get pregnant** while you are nursing. **Is it worth the risk?** The only way to make sure pregnancy does not occur is to use a method of birth control. If you **want to use a birth control pill while breastfeeding, the safest type is the "mini-pill."** However, **talk with your doctor or nurse about what birth control method is best for you** to use while breastfeeding.

Source: US Department of Health & Human Services

Sick? Keep Breastfeeding...



Most illnesses do not necessitate the cessation of breastfeeding. During an illness like the common cold, flu, fever or stomach flu, you can continue to nurse your baby without worrying that it will make the child sick. Although your breast milk will not transmit your illness to your baby, it does pass on antibodies that can help baby ward off the infection.

Maintaining your nursing schedule while you are sick is the best way to help your baby stay healthy, while at the same time maintaining your milk supply.

If you visit your doctor while you are sick, be sure to remind him that you are breastfeeding. This knowledge will help him prescribe medications that are safe for nursing moms and babies. It is also important to do your best to stay hydrated. Illness and dehydration can both decrease milk supply, as can certain medications. Even some over-the-counter medications, like antihistamines, can affect your milk production.

Source Lifetips.com



Plugged Ducts: Act Fast

It is **common for many women to have a plugged duct** at some point breastfeeding. A **plugged milk duct feels like a tender and sore lump** in the breast. It is **not accompanied by a fever** or other symptoms. It happens when a **milk duct does not properly drain** and becomes inflamed. Then, pressure **builds up behind the plug**, and **surrounding tissue becomes inflamed**. A plugged duct usually **only occurs in one breast at a time**.

What you can do

- **Breastfeed often** on the affected side, as often as every two hours. This helps loosen the plug, and keeps the milk moving freely.
- **Massage the area**, starting behind the sore spot. Use your fingers in a circular motion and massage toward the nipple.
- Use a **warm compress** on the sore area.
- **Get extra sleep or relax** with your feet up to help speed healing. Often a plugged duct is the first sign that a mother is doing too much.
- Wear a **well-fitting supportive bra** that is not too tight, since this can constrict milk ducts. Consider trying a bra without underwire.

If your **plugged duct doesn't loosen up**, ask for help from a lactation consultant. Plugged ducts can lead to a breast infection.

Source: womenshealth.gov

Flat, Inverted or Overly Large Nipples Don't Have to Be A Problem

Some women have **nipples that turn inward instead of protruding**, or that are **flat and do not protrude**. Nipples can also sometimes be **flattened temporarily due to engorgement or swelling** while breastfeeding. Inverted or flat nipples can sometimes make it harder to breastfeed. But remember that **for breastfeeding to work, your baby has to latch on to both the nipple and the breast**, so even **inverted nipples can work just fine**. Often, **flat and inverted nipples will protrude more over time**, as the baby sucks more.

Very large nipples can make it hard for the baby to get enough of the areola into his or her mouth to compress the milk ducts and get enough milk.

If you have **any of these issues**, talk to your doctor or a lactation consultant if you are concerned about your nipples. You can **use your fingers to try and pull your nipples out**. There are also **special devices designed to pull out inverted or temporarily flattened nipples**. Also, the latch **for babies of mothers with very large nipples will improve with time** as the baby grows. In some cases, it **might take several weeks** to get the baby to latch well. But if a **mother has a good milk supply**, her baby will get enough milk even with a poor latch.

Source: womenshealth.gov



Mom of the Month

Hi, this is **Rachel**, the **WIC Breastfeeding Peer Counselor** from the Health Center!

As you know we make a monthly **breastfeeding newsletter** we send out to our **WIC mom's and other area mom's** that breastfeed.

I want to add a **"Mom of the Month"** to the newsletter. If you are **interested in being featured in the newsletter** please send me a **picture of you and your baby together**, you and your child's name, child's age, how long you have been **breastfeeding, breastfeeding goals, funny story or something special to you about breastfeeding**.

Thanks so much for making our newsletter special!

Please **email your picture and information to snider1@lpha.mopublic.org**

Thanks again,
Rachel Snider



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