

Immunizations

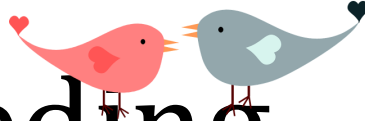
THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

Public Health

Prevent. Promote. Protect.



breastfeeding

Combining Nursing & Pumping...

Making decisions around formula, breast milk, and pumping can feel overwhelming. There are many reasons you might choose to do a combination of breastfeeding and pumping.

These might include:

Increasing your milk supply. Breast milk production generally works on supply and demand. The more milk is drawn out, the more milk your breasts may potentially make. If you are trying to increase your milk supply, this can be a good first step to try.

For bottles. You may want to have some breast milk for bottle feeding if you need to be away from your baby for any length of time.

Breastfeeding difficulties. If your baby has challenges latching or drinking a sufficient amount from your breast alone, it can be helpful to have some extra milk on hand to follow up breastfeeding with a bottle.

If you're considering combined breastfeeding and pumping, it's generally best to pump after breastfeeding. That way your little one can have their fill first, you'll be able to empty your breasts fully after, and your breasts will have maximum time to refill before the next feed!

You may also wish to use a Haakaa silicone breast pump or other milk storage container to collect the milk leaking from the breast your baby is not currently using, so this milk isn't lost before you pump. Before pumping, make sure to double-check the flanges to make sure that they fit properly. This can help prevent damage to your nipples and discomfort while you pump.

Remember that breast milk is the ideal nutrition for a newborn baby, providing all the necessary nutrients such as protein, minerals, and vitamins. Pumping can assist with low milk production or when you are struggling with latch issues, and can extend the time that your baby can receive your breastmilk.

Source: Healthline.com, loveandbreastmilk.com

Prenatal Breastfeeding Class

Wanting more information about breastfeeding, the benefits for both mom and baby and what to expect when you deliver?

Come join us for our Prenatal Breastfeeding Class on January 18, 2024 from 6PM-7:30 p.m. at the Livingston County Health Center, located at 800 Adam Drive in Chillicothe.

We will discuss what to expect before and after delivery, baby belly size, must-haves, nursing positions, milk storage, etc. If you would like to sign up, please call or message Carli Chapman at 660-383-2759.

January/February
2024



Q: I am planning to breastfeed and pump.

Can you tell me how long expressed milk will last?

Answer: How long expressed breastmilk will stay 'good' depends on how it is stored.

In order to save any "liquid gold" from spoiling, follow these guidelines from Medela:

Room Temperature

4-6 Hours @ 66-78 degrees Fahrenheit

Cooler with 3 Frozen Ice Packs

24 Hours @ 59 degrees Fahrenheit

Refrigerator

3-8 Days @ 39 degrees Fahrenheit

Freezer

6-12 Months @ 0-4 degrees Fahrenheit

Source: Medela

BreastmilkGuidelines.com



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LivCo Peer Counselor

Plugged Ducts Vs. Mastitis

Plugged duct symptoms progress gradually, and can include pain, a hard lump, a warm and painful localized spot, or a wedge-shaped area of engorgement on the breast.

Mastitis is inflammation (swelling) in the breast, which is usually caused by an infection. It is most common when a woman is breastfeeding, but it can happen at other times as well. A clogged milk duct that doesn't let milk fully drain from the breast or breaks in the skin of the nipple can lead to infection. **Mastitis symptoms appear rapidly and include flu-like symptoms such as fever, chills, fatigue, and body aches.**

Simple acronym to follow if this occurs is BAIT.

Breast Rest

- NO MASSAGE
- Don't overfeed or over pump
- Pump or nurse on unaffected side first
- Downregulate production if needed

Advil (800mg every 8 hours x 48 hours)

Ice (10 minutes every 30 minutes or as needed)

Tylenol (1000mg every 8 hours x 48 hours)

If the issue doesn't resolve after 48 hours or you start to develop a fever or flu-like symptoms, call and talk to your doctor about next steps.

Source: PhysicianGuideToBreastfeeding.org, American Academy of Breastfeeding Medicine

10 Things Moms Can Do While Breastfeeding

Breastfeeding gives mom a chance to sit back, relax, and enjoy a bonding moment with her baby.

Once you and your baby get the hang of breastfeeding, there are lots of ways to pass the time during a breastfeeding session that can allow you to bond with your baby, tackle your "to-do" list, or just be good to yourself.

1. Talk or sing to your baby.
2. Eat.
3. Drink water.
4. Bond with the family.
5. Catch up with your girlfriends.
6. Catch up on social media.
7. Read.
8. Listen to an audiobook.
9. Listen to music.
10. Journal or Make To-Do Lists

Bonus Ideas:

11. Adult Coloring Books!
12. Placing an online grocery order or making a list to go to the store.

Source: Office on Women's Health, US Dept. of Health & Human Services



Mom of the Month

Megan Summers & Collins

Hi, What I love about breastfeeding is getting that special time we have together with just the two of us to snuggle and bond.

I had latch problems in the first 8 weeks that were so painful I almost gave up because I swore it couldn't have been the latch!

My advice to new mamas is to go see a lactation consultant as soon as you have problems! If I had not gone when I did I wouldn't have made it this far!

LCHC Breastfeeding Support Professionals

The Health Center has two Breastfeeding Support Professionals on staff. Anita Perry is our International Board Certified Lactation Consultant and Carli Chapman is our WIC Breastfeeding Peer Counselor.

If you need ANY support before you deliver or after, please reach out, they will be happy to help in any way they can!

Livingston County Health Center

660-646-5506 livcohealthcenter.com

