



Public Health
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Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

**November/December
2021**

breastfeeding

Breastfeeding & Covid Protection...

Breastfeeding has always offered many perks, one of the most important being protection from various infections through antibodies in breastmilk.

SARS-CoV-2 (the virus that causes COVID-19 disease) spreads during close contact between people when an infected person coughs, sneezes, or talks. It is not proven that breastmilk protects babies from SARS-CoV-2, however, several studies have found antibodies that target the virus in human milk.

The best way to protect your baby is to get the COVID-19 vaccine. COVID-19 vaccines are considered safe for breastfeeding mothers and babies.

Many lactating people have received the COVID-19 vaccine. Recent studies have demonstrated COVID-19 mRNA vaccine antibodies in the breastmilk of vaccinated lactating mothers, which can potentially protect the breastfed infant.

If you aren't fully vaccinated or test positive for COVID, it is still a good idea to **breastfeed your baby** if you can. If you get COVID, have symptoms and you decide to keep your baby in the same room as you, try to keep a **reasonable distance away** when possible. Wear a face mask and wash your hands whenever you directly care for your baby.

Source: MU Healthcare, CDC

Holidays, Peppermint & Milk Supply

'Tis the season for peppermint; peppermint bark, candy canes, peppermint lattes, and cookies. Have you heard that **peppermint could decrease your milk supply?**

It's been **commonly reported that peppermint and spearmint can decrease milk supply**, usually when taken in large amounts, like during the holidays, or when using essential oils.

Most of the time, the **occasional cup of peppermint tea or a candy cane will not cause a problem.** You would **have to eat a LOT of candy canes to notice a huge drop in your milk supply.**

However, **if you struggle with low milk supply, you may want to limit your consumption of peppermint** and keep an eye on your milk output.

As always, the **best way to increase your milk supply is with frequent nursing or pumping**, so with the busy holiday season approaching **be sure to keep nursing on demand and not stress too much over what foods may or may not cause a problem** with milk supply.

Source: www.lalactation.com

Shelby Hayes, WIC Breastfeeding Peer Counselor



Q: Haven't COVID-19 vaccines been shown to cause stillbirth?

This is another case of confusion about what health issues the VIRUS has been known to cause, as opposed to the VACCINE.

A link has been identified between infection with the COVID-19 VIRUS and an increase in stillbirth and other adverse health outcomes.

Cases of COVID-19 in symptomatic, pregnant people have a two-fold risk of admission into intensive care and a 70 percent increased risk of death.

Pregnant people with COVID-19 are also at increased risk of adverse pregnancy outcomes that could include preterm birth, stillbirth, and admission into the ICU of a newborn also infected with COVID-19.

A new CDC analysis of current data from the v-safe pregnancy registry assessed vaccination in pregnancy and did not find an increased risk of miscarriage among nearly 2,500 pregnant women.

Previously, data from three safety monitoring systems did not find any safety concerns for pregnant people who were vaccinated late in pregnancy or for their babies.

Combined, these data and the known severe risks of COVID-19 during pregnancy demonstrate that the benefits of receiving a COVID-19 vaccine for pregnant people outweigh any known or potential risks. Source: CDC

Knowing When to Wean...

When to start weaning is a personal choice, there is no set time you must be 'finished breastfeeding.'

Every situation is different, every Mom has different goals, and breastfeeding continues to benefit moms and babies for as long as the nursing journey lasts.

It is recommended to exclusively breastfeed for the first 6 months and then continue for a year or longer with the combination of solid foods.

Some babies start to self-wean around the one year mark, and others nurse much longer.

If possible, avoid weaning cold turkey, which can be uncomfortable for you and cause engorgement or mastitis, and could be upsetting for your baby as well.

Some of the following tips can make weaning easier for you and for baby.

- It's easiest for you and your baby if weaning is gradual, over several weeks, months or even longer.
- Drop one session at a time. Sometimes it's easiest to drop a midday breast-feeding session first, then in a week or longer, try dropping another session.
- If your baby is over 6 months old you can introduce them to a sippy cup, for an easier transition.
- Offer distractions such as toys or going for a walk in place of a nursing session, just be sure to offer milk or another alternative in their cup.
- Take it one day at a time and expect there to be some set-backs.

Source: Mayo Clinic

Breastfeeding Support Group to Meet In-Person Quarterly!

The Health Center hosts a Mother-to-Mother Breastfeeding support group on the first Tuesday of every month.

Since the COVID-19 pandemic hit, our Breastfeeding Peer Counselor Shelby Hayes has been hosting these support groups online in a private event on Facebook.

Since COVID numbers have declined and more of our residents are vaccinated, beginning Tuesday November 2nd, Shelby will be hosting a in-person support group quarterly.

Most months will still be held via the private facebook event, as it seems to be convenient for our moms.

If you have questions or want to join us at these support groups you can call the health center at 660-646-5506.



Mom of the Month

Amanda Lovell & Katalina

This is my third time breastfeeding...

Katalina is by far the one that has lasted the longest on breastfeeding. I was pushing for her to breastfeed more than my other two because she was premature.

I am so grateful that we are still going strong with breastfeeding and I am grateful for all the help my Breastfeeding Peer Counselor Shelby has given me along the way!

We have had our difficulties at the beginning since she has a lip-tie. It was so uncomfortable and her latch wasn't great, now we have no trouble getting her to latch!

We have also have had a hard time with keeping my milk supply up but we work on that everyday and will continue to work on that throughout our breastfeeding journey.

I love that breastfeeding brings my daughter and I closer to each other and we share a special bond.

I also love that breast milk is the best nutrition for my princess!

Livingston County Health Center

660-646-5506 livcohealthcenter.com

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