



**Public Health**  
Prevent. Promote. Protect.

# breastfeeding

## The Summer BBQ...

This is the time of year family and friends want to get together for a BBQ and drinks. It's almost always a fun time!

You might even want to enjoy a glass of wine with your friends—but your baby shouldn't. To make sure your breast milk is safe, keep in mind that the alcohol from one drink—8 ounces of beer, 6 ounces of wine or one shot of hard alcohol—tends to be metabolized (and thus absent from your milk) within two to three hours, at which time it's safe to nurse your baby.

But, a better guideline is: As long as you're feeling any effects from the alcohol, even if you are just a bit tipsy or giddy, don't put your baby to the breast.

It's important to know that alcohol does not stay in breast milk forever, so there is no need to express milk that may be tainted with alcohol only to throw it out. The alcohol in breast milk goes back into the bloodstream as the alcohol leaves the mother's system.

Again, if you wait to breastfeed three to four hours after drinking, your breast milk will have naturally cleared the alcohol. If you plan to drink heavily, you may consider expressing before you start drinking so you have breast milk free of alcohol on hand to feed your baby.

Source: Parents, kidspot.co.nz

## Breastfeeding Baby Shower!

August is National Breastfeeding Month, and World Breastfeeding Week (WBW) is the first week of August and represents a global celebration of breastfeeding efforts, including breastfeeding promotion, support, education, research, and normalizing breastfeeding as the gold standard of infant nutrition.

In celebration, we will be holding a "Baby Shower" for pregnant and breastfeeding mothers in our community.

This event will be held at Simpson Park, in the Kiwanis Shelter by the tennis courts, on Wednesday, August 3rd from 5:30-6:30.

You must register to attend. You can register through the QR Code to the right or call the Health Center at 646-5506.

Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

July/August  
2022



**Q: What can I do to make breastfeeding more comfortable in the summer?**

**Drink lots of water.** Don't leave home without your water bottle, especially when the temperature rises. Water is important for your hydration and helps you to stay cool while nursing. Add fruit or cucumber slices to add flavor!

**Protect your baby from the sun.** No matter where your summer activities take you, make sure your baby is protected from the sun while breastfeeding. Always keep your little one in the shade or under an umbrella and make sure to use sunscreen for any babies over six months of age.

**Take time to relax.** Breastfeeding is always best when both mom and baby are calm. Make sure to find ways to relax before or during breastfeeding. For example, a quick dip in the water or breastfeeding in the cool shade of a tree can help you and baby relax so you are both comfortable while nursing.

**Bring a lightweight blanket or nursing cover.** You might have to breastfeed more in public during the summer months than you are used to or comfortable with. A lightweight receiving blanket can help cover you and your baby or can be used to wrap up your baby before bringing him to your breast.

Source: Massachusetts Public Health Blog



## In the Heat of the Day...

Many parents worry that their babies will become **dehydrated in hot weather**, but as long as they're still **nursing frequently and efficiently**, are **satisfied after feeding**, and are **producing enough wet diapers with light-colored urine**, they're getting enough liquid.

Staying **hydrated helps your body regulate it's temperature**, so it is **very important to drink fluids** when the temperatures are high.

Sometimes **babies are thirstier** in hot weather, just like us, and they **want to nurse more frequently**. The **feedings might be shorter** than usual—just **follow baby's lead**.

Babies **older than six months can drink water as well** (in a sippy cup, straw cup, open cup or bottle), but **make sure the water does not replace their normal nursing sessions**.

**Make sure you are drinking plenty as well!** You need to stay hydrated – aim for at least **2-2.5 liters of water daily** but the **most important is to listen to your body**. If you **drink to satisfy your thirst**, you will stay well hydrated.

Be sure to **carry a large bottle of water** with you. As a rule of thumb, aim to **drink an entire 8 oz glass of water before each nursing session**.

Source: Medela, mybaba.com

## Clogged Milk Ducts...

**Clogged milk ducts can be a painful—and all-too-common—breastfeeding issue.**

This condition **happens most often the baby's first 6-8 weeks of breastfeeding** but can happen at any time during the breastfeeding experience.

One of the **risk factors for clogged ducts is a change in a baby's feeding pattern**.

For example, if your **baby is nursing less frequently** because he's eating more solids, **milk 'stasis'**— when milk sits in the breast—**can occur and cause the ducts to clog**.

The **best way to prevent clogged ducts is to nurse on schedule**, or **pump if nursing isn't an option**.

The **best way to treat clogged ducts is by nursing or pumping often** from the affected breast, **applying warm compresses**, and **getting plenty of fluids and rest**.

**See your doctor promptly if you have a fever or flulike symptoms**—you may have **mastitis**, an **inflammation and infection in the breast tissues** that **often requires antibiotics**.

Source: Mayo Clinic Health System

## Mom of the Month Carly Carey & Andi



*Andi was born on January 4, 2022.*

*We went in thinking things*

*were going to be just as normal as the birth of our first son, but boy were we wrong!*

*Andi struggled to keep her oxygen level in an appropriate range and was quickly rushed to a higher level NICU shortly after birth.*

*Breastfeeding was something that was very important to me and one of my biggest fears was not being able to exclusively nurse after her NICU stay.*

*Luckily, with a phenomenal lactation team, support from my husband, and a lot of dedication I was able to pump milk for her 11 day stay at University Health NICU and am currently exclusively breastfeeding.*

*During her time in the NICU I was making plenty of milk she received through her feeding tube. Then, when Andi was 5 days old, I was able to latch her to breast for the first time.*

*My expectations for her latching successfully were really low, but with the help of a nipple shield she latched the very first try and has nursed like a champ ever since.*

*While she was in the NICU I nursed her for as many feeds as I could be there for, and when I was away she was given bottles of pumped milk. When we were finally able to be home and exclusively nurse, I quickly realized that I had a huge oversupply.*

*I would have to pump after feeds, was very uncomfortable, and had to spend a significant amount of time feeding then pumping day and night.*

*Luckily, my body did its job and after a few months, my supply regulated to fit Andi's needs.*

*Just because the birth of your baby doesn't go as planned doesn't mean your breastfeeding journey can't be successful!*

**Livingston County Health Center**

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

