

## Immunizations

THURSDAYS

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**Public Health**  
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# breastfeeding

November/December  
2023



Photo by @sarahkay.photos

## Holidays & Alcohol

Here come the holidays and all the celebrations— that can often include alcohol—making breastfeeding moms feel left out.

Not drinking alcohol is the safest option, but, women who are lactating can drink alcohol and long as it's done with thought.

Since alcohol passes into human milk, the level in human milk is the same as the blood alcohol level. As the blood alcohol declines hours after the last drink, the alcohol level in the milk declines as well.

Alcohol level in milk peaks at 30-60 minutes after an alcoholic beverage. Eating while drinking alcohol can reduce gastrointestinal absorption of alcohol, thereby reducing the amount of alcohol that passes into the milk.

It is advised to limit alcohol intake to 1 serving a day (5 oz of wine, or 12 oz of beer, or 1.5 oz of hard liquor) and drink the beverage over 1 hour to keep the peak level low. This is unlikely to cause short- or long-term problems for the infant.

Moderate (2+ drinks a day) may decrease the infant's milk take, cause infant agitation, and poor sleep patterns, and heavy alcohol use can reduce milk production, with 5 drinks or more causing difficulty with milk let-down.

Drinking alcoholic beverages is not an indication to stop breastfeeding; however, consuming more than one drink per day is not recommended.

Please consult the baby's doctor for his/her advice.

Source: [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov), CDC

**Q: Can I still breastfeed if my baby has jaundice?**

Answer: If your baby is experiencing issues with jaundice, you are still able to breastfeed. Breast milk is easier to digest, which means babies will have more bowel movements, and that is what you want.

You'll need to keep the baby well hydrated with breast milk or formula. Feeding up to 12 times a day will encourage frequent bowel movements, which help to remove the bilirubin.

If your baby needs treatment in the hospital, they may be placed under special blue lights that help break down bilirubin in the baby's skin.

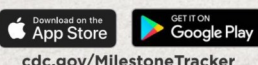
Follow your doctor's recommendations in dealing with this medical condition.

Source: CDC

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[cdc.gov/MilestoneTracker](https://cdc.gov/MilestoneTracker)

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## Weaning a Toddler

You can **continue breastfeeding while you're pregnant with your next child**, without causing any harm to your toddler or your unborn baby.

**You might choose to breastfeed through your next pregnancy for several reasons.** For example, you **might unexpectedly fall pregnant while your first baby is still young (it is possible to become pregnant while breastfeeding, even if your periods haven't come back).**

Or **you might not be ready to wean your toddler** (weaning usually happens any time between birth and age 3).

Whatever the reason, it is **usually perfectly safe to breastfeed while pregnant.** Your **body will continue to produce enough milk to nourish your older child**, while your **unborn baby will get all the nutrients they need.**

**Breastfeeding does trigger mild contractions.** These are **safe in uncomplicated pregnancies, but if you are at risk of preterm labor** — for example, **if you are expecting twins or more, or if you have had a miscarriage or preterm birth in the past** — then **seek advice from your doctor or midwife.**

If your **older child is less than 1 year of age when you become pregnant, keep a close watch to make sure they're putting on enough weight** after your milk changes. You **may need to introduce extra foods if they are still relying on breastmilk** for their nutrition.

Source: Pregnancy, Birth, and Baby

## Returning to Work & Pumping

Carli Chapman, WIC Breastfeeding Peer Counselor

**Returning to work after delivery is difficult enough without the added stress of breastfeeding.** Many moms worry about how they are going to make sure they have enough milk pumped for baby while they are away at work.

**Here are some tips to help make that transition a little easier.**

Consider it your **"Pumping Necessity Checklist."**

### Items Needed:

- Breast Pump
- Cooler & Ice Packs
- Pump Parts (pack in gallon size Ziploc bag & put together so you know you have all of them)
- Bottles or Bags
- Charger or Power Cord
- Breast Pads
- Soap, Bottle Brush, Paper Towels (to wash pump parts between pumping sessions)

### Items Recommended:

- Hands Free Bra
- Baby Blanket or something to cover lap to catch drips or spills
- Something that smells like baby
- Video of baby or baby crying to help with milk production
- Hand Sanitizer
- Nipple Cream
- Quick Clean Wipes
- Bottle of Water & Snacks
- Hair Tie
- Something to read/pass the time



## Mom of the Month

### Marlene Caselman & Adeline

Hi, Adeline is my third baby. When I first nursed her, she latched on well. With my last two pregnancies, my milk came in rather quickly, but with Adeline it took days.

We had to supplement with formula to make sure she was gaining weight and getting nutrition. I tried not to stress myself out, and started to use the pump to see if I could get the milk flowing.

It had been 10 years since my last pregnancy, and advances have been made in the breast pump/breastfeeding.

With trial and error, and a sore and tired mama, I figured out that my flanges were too big, which was hindering my output. I was able to get fitted for a correct flange and suddenly, I was pumping 3-5oz!

Since we had introduced Adeline to the bottle, she had a decreased interest in nursing. While at the breast she would become fatigued and not complete a feed.

I would nurse on one side, and pump the other, then feed her a bottle with the pumped milk from the other breast.

Although I wanted to nurse Adeline more exclusively, especially while I had time off work, that just wasn't working for her.

Pumping and bottle feeding most of her feedings isn't what I wanted, but she is still getting the breast milk that I make for her.

Also, bottle feeding sometimes gives her Dad a chance to bond with her. We are making progress. I hope as she gets a little older that we may be able to nurse in the morning and at night to help us bond.

If not, she will still be one loved little girl, and she is still getting mommy's milk.

Livingston County Health Center

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

