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# breastfeeding

## Important Support Role for Dads

Breastfeeding makes an important contribution to both child and maternal health and wellbeing. Exclusive breastfeeding—where the child receives only breastmilk— to six months has a demonstrated positive impact on health during infancy that appears to continue into adulthood.

**Fathers can absolutely be a big part of the breastfeeding experience.**

Dads **don't always realize just how important their role is** when it comes to breastfeeding and newborn care. They **may even feel a little bit left out** since mom is the only one who can breastfeed the baby. But, **dads have a profound effect on breastfeeding and the well-being of both their partner and their child.**

In fact, **some studies suggest that fathers' perceived attitudes may be among the most powerful influences shaping a mothers' feeding choice** and whether or not she initiates and then continues to breastfeed. The fathers' **attitudes and actions can positively or negatively affect mothers' intentions to breastfeed, breastfeeding duration and exclusivity.** Since breastfeeding benefits both Mom and baby long-term, so becoming a partner in breastfeeding, Dads are investing in their family's long-term health.

**Having support makes it easier to stick it out even when she's exhausted.** Plus, **support is invaluable for getting through difficult or painful breastfeeding problems** should they arise.

**A new mother will experience ups and downs and feelings of accomplishment and frustration,** but the **dads support and encouragement can help her meet her breastfeeding goals.**

Source: Very Well Family, USDA

## Breastmilk Jewelry

**Have you ever heard of breastmilk jewelry?** I love this neat idea and meaning behind a jewelry piece. **Breastmilk jewelry allows nursing mothers to celebrate their "breastfeeding journey."**

The **jewelry piece is used as a keepsake for the determination and hard work breastfeeding requires,** and **represents the bonding between mom and baby** that breastfeeding creates. It can be a **ring, necklace, earrings,** ect...These pieces would make a **great birthday or Mother's Day gift.**

You can **find someone to make your jewelry for you on Etsy or a quick google search,** there are even **DIY kits you can purchase** to make your own piece of jewelry.

Source: Keepsake Mom



May/June  
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### Q: Does breastfeeding cause post-partum hair loss ?

Postpartum hair loss is a normal, and temporary postpartum change not related to breastfeeding.

The hair fall typically does not happen until 3-4 months after birth. Most women will return to their usual hair growth cycle between 6 and 12 months after.

Implementing some strategies early can help reduce the severity.

**Be gentle.** Be as gentle as you can when washing or drying your hair.

**Eat healthy.** Ensure your body has a nutritional balance. If you are having a nutritional deficiency or imbalance, the body is going to use its energy to help the vital areas ...not growing your hair. Get your protein, eat greens, and tons of veggies and fruits.

**Take a multivitamin.** You are juggling new baby, trying to make meals, attempting not to be stressed, trying to get a little sleep, and the list goes on. Cut yourself a little slack and add a postpartum supplement to help out. Look for one with vitamins and minerals that support hair health specifically.

When in doubt, you can also ask your doctor to check your thyroid levels. Although hair loss after delivery can be normal, you might want to rule out a medical condition if you feel the hair loss is severe and seems to be prolonged.

Source: Kelly Mom

## Strawberry Banana Lactation Smoothie

Shelby Hayes, WIC Breastfeeding Peer Counselor

This delicious lactation smoothie has three milk-boosting ingredients (oats, brewer's yeast, and flaxseed) to help you increase your milk supply and keep you full until lunch!

### Ingredients

- 1/4 cup oats old fashioned
- 1 banana
- 8 strawberries frozen
- 1/2 cup milk
- 1 tbsp honey
- 1/2 tsp vanilla
- 1 tsp brewer's yeast
- 1 tsp flax seed ground



### Instructions

1. Put oats into blender and process until the oats are well ground.
2. Add the remaining ingredients and blend until smooth.

Source: [www.exclusivepumping.com](http://www.exclusivepumping.com)

## Breastfeeding Benefits for Dads

You may already know about the many ways that children and even mothers benefit from breastfeeding. **But did you know there are some ways that breastfeeding can be beneficial for you, too?** Here are the **advantages of breastfeeding for dads you may not have thought about:**

**Breastfeeding saves you money.** If your partner chooses to breastfeed, you do not have to spend thousands of dollars on infant formula, bottles, nipples, and bottle liners.

**Going out requires less effort.** There is less to pack and carry when you leave the house with your family. Breastfed babies do not need as many feeding supplies as bottle-fed babies. Plus, you won't have to worry about finding someplace to warm a bottle while you are away from home. Breast milk is always available and at the perfect temperature.

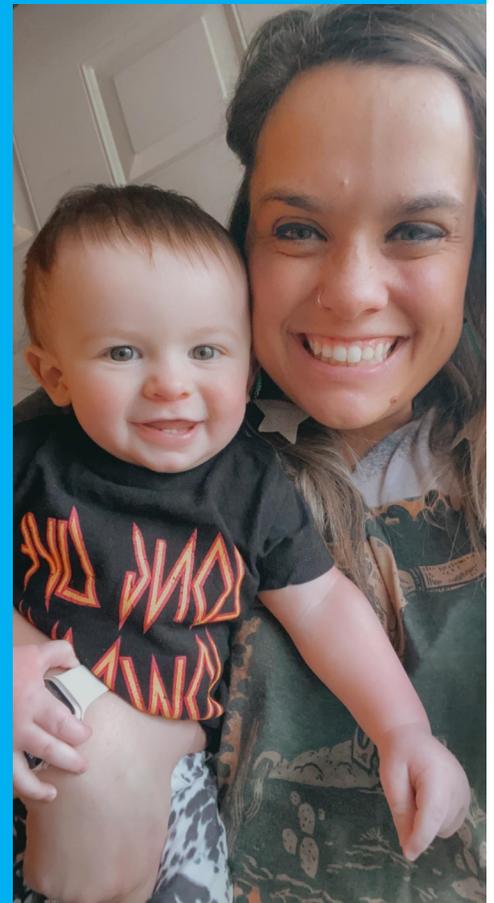
**Night feedings are a breeze.** You won't have to prepare bottles in the middle of the night, and there won't be any of those late night trips to the store because you're out of formula. You may not have to get up at all.

**Diaper changes are not that bad.** Since the bowel movements of a breastfed baby are usually not as offensive as those of a formula-fed infant, you may not even mind changing the messy ones.

**Exclusive breastfeeding can be a natural form of birth control.** If your partner breastfeeds around the clock, does not supplement with infant formula, and her period has not yet returned, the chances of another pregnancy during the first six months after childbirth are very low.

**Breastfeeding is a healthy choice for your family.** You can feel good knowing your baby is getting a variety of health and developmental benefits from breastfeeding. Breastfeeding benefits baby's mom, too. These health benefits last even after breastfeeding has ended. So, you will ultimately have a healthier family and lower overall healthcare costs throughout the years.

Source: Very Well Family



## Mom of the Month

Kelsie Followwill & Dane

*My first two babies I had to supplement within a week and only made it a couple months nursing and pumping.*

*With my third, my goal was to make it to a year. I didn't want to supplement.*

*When I took Dane to his one week appointment he really wasn't at the weight he needed to be, and after another week he really hadn't gained much more.*

*I felt completely defeated and like I was the reason my baby wasn't gaining the weight he needed to. Thankfully, things turned around.*

*I was pumping around the clock. I was so proud of the supply I had. We made it through Covid, RSV and awful mastitis all while breastfeeding. I loved the connection and being able to provide for my baby.*

*I wanted to give up way too many times but kept pushing myself. I made it 9 months with nothing but breastmilk.*

*I absolutely loved being able to provide for my baby for this long with liquid gold. Every day is amazing no matter if you make it one or 365. Be proud of yourself!*

Livingston County Health Center

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

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