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breastfeeding

Breastfeeding with Implants

If you're one of the more than 300,000 American women who have breast augmentation every year, you might wonder whether you'll be able to breastfeed.

While some research has found that women with breast implants are more likely to have problems breastfeeding than those who haven't had the surgery, the odds are in your favor — though you might face some additional challenges.

Breast implants have the potential to compress milk ducts and affect milk flow which can reduce milk supply. The surgical technique used during the procedure and how much functional glandular tissue was present prior to the surgery will also dictate exactly how milk supply is affected.

With these potential difficulties in mind, a mother breastfeeding with implants should take extra care to get breastfeeding off to a good start so she can maximize her milk supply.

An lactation consultant or breastfeeding peer counselor is a helpful partner to have especially if there are any early signs that baby is not getting enough milk or not gaining weight normally. Give me a call at 660-646-5506 when you need help!

If formula supplements are needed, the baby will still benefit from any amount of his mother's milk that can be provided.

Source: WhattoExpect.com, breastfeeding.support

Access Immunization Records with Docket®

The Missouri Department of Health and Senior Services now offers Docket®, a free smartphone app and web platform that allows you to securely view, download, and share their immunization records.

With Docket®, you can:

- Access personal and family vaccination records
- Download or share official immunization documentation
- Manage records for children or dependents

Docket® connects to ShowMeVax, Missouri's official immunization registry. While not all providers report to the system, most childhood and routine vaccinations are available.

Learn more at Health.Mo.Gov



September/October
2025



Q: Do I need to avoid certain foods while breastfeeding?

Answer: Good question. Using Fall as an example, football season always comes with hot wings, appetizers, dips, chili and soups. Many mothers wonder if they can still eat the foods they've always enjoyed.

There isn't a list of foods you should avoid just because you are breastfeeding. It is recommended that you eat a well-balanced diet, but you can usually eat whatever you like, unless you notice an obvious reaction in your baby. Every baby is unique, so what bothers one may not bother another.

Keep in mind, the flavor of breast milk can change depending on a few factors, and flavors will vary from one mom to the next. Researchers believe when you eat a well-balanced diet, you expose your baby to a wide range of foods and flavors.

Source: Healthline, Kelly Mom

Check Out
This 3-Can
Chili Recipe!



Source: MyPlate

When to Wean...

When to start weaning is a personal choice between mom and baby. The American Academy of Pediatrics recommends to exclusively breastfeed for the first 6 months and then continue for two years or as long as desired, with the combination of solid foods.

Some babies will 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 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 setbacks.

Source: Mayo Clinic, American Academy of Pediatrics

Dropooling & Your Baby: What it Means

Dropooling and blowing bubbles are common in babies during the phase of development when getting what they need is centered on the mouth.

This becomes especially apparent at 3 to 6 months of age, when babies are exploring their world through taste and touch.

Dropooling fulfills several important functions for your baby. It softens and moistens food once solids are part of your baby's diet, keeps the mouth moist, washes away food residues, and protects developing teeth.

Increased dropooling can also be an early sign of teething, although it may begin weeks before the first tooth appears.

Saliva contains ptyalin, a digestive enzyme that changes starch into sugar. It also acts as a natural antacid, neutralizing stomach acid and aiding digestion. Additionally, saliva protects against tooth decay by washing away harmful bacteria.

If your child is suddenly dropooling, can't speak, and is having trouble breathing, she may be choking on food or a foreign object. Call 911 or your local emergency number immediately, and while you're waiting for help, follow the first aid procedures related to choking.

Source: HealthyChildren.org



Mom of the Month

Molly Berry & Corbin

I welcomed my baby boy on April 1st, and from the very beginning I knew I wanted to give breastfeeding my best effort. I exclusively breastfed him until I returned to work, and since then I've continued with a combination of nursing and pumping.

This journey has not been without its challenges. I do not have a large supply and would describe myself as a "just enough-er." There have been moments of doubt and frustration, but also so many moments of joy and pride. Each ounce I've been able to provide feels like an accomplishment.

With my first child, I was only able to breastfeed for two months. Reaching beyond that milestone this time has been incredibly meaningful for me. It reminds me that every breastfeeding journey is unique, and that perseverance looks different for every mom and baby.

I am grateful for the opportunity to nourish my son in this way, and proud of the progress we've made together. Breastfeeding has taught me patience, persistence, and to celebrate the small wins along the way.

Livingston County Health Center

660-646-5506 livcohealthcenter.com



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