



Public Health
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Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

**September/October
2022**

breastfeeding



Pumpkin Spice, Yay or Nay?

Fall is upon us! This is my favorite time of year! The colors of the leaves changing from green to red, orange, yellow, brown. The cool crisp air hitting your face, the smell of the wood burning while sitting around the fire, and who could forget the warm and wonderful taste of pumpkin spice! There are some wonderful benefits that come from pumpkins.

Pumpkins have antioxidant and antibacterial agents that improve the immune system. The bright orange glow of a pumpkin marks it as a food rich in health-boosting nutrients like beta-carotene, vitamin A, and potassium, and it's a low calorie source of fiber. It also contains galactagogues which are synthetic or plant molecules used to induce, maintain, and increase milk production.

But pumpkins are not the only thing good for milk production, the cinnamon is too!! Cinnamon is a traditional herbal treatment used to help increase milk production.

Cinnamon is in the class of plants called "nervine herbs" which means herbs that help reduce anxiety. As many know, stress and anxiety can cause an impact on milk production/supply, so adding just a little cinnamon to your favorite drink, can help ease your stress-induced anxiety.

www.milknmamasbaby.com

Carliesa Chapman, WIC Breastfeeding Peer Counselor

Meet Carli Chapman, Breastfeeding Peer Counselor...

Hello, my name is Carli Chapman. I am the new WIC Breastfeeding Peer Counselor and I'm beyond thrilled to have the opportunity to share my experience and knowledge of breastfeeding with you.

I have three children, two sons and a daughter. I breastfed one son for two weeks, a second four months and a daughter I am still breastfeeding at 14 months. As a young mom starting out with hopes of being able to breastfeed my first son. I thought I knew exactly what to do and expect. I constantly told myself, "It's natural, it shouldn't be hard to do!" When in fact, I had no clue what I was doing.

Because of my own three experiences, I understand the importance of both knowledge and support when it comes to being a successful breastfeeding mom. That's why I chose to apply for this opportunity in hopes of helping other moms with breastfeeding, whether it's giving advice and information about milk supply, proper latch, feeding positions, or just helping them feel comfortable to nurse their baby wherever or whenever they want/need to. I am ready and willing to help any mother reach her goal, whether it be a couple weeks, months, or even years! I look forward to meeting you and offering my full support during your breastfeeding journey!

Q: Does my baby need to take a vitamin with iron?

Answer: The iron in human milk is better absorbed by your baby than is the iron in cow's milk or iron-fortified formula.

This means the quantity of iron in human milk is appropriate for baby instead of the larger quantity in cow's milk.

The full-term healthy baby usually has no need of additional iron until the middle of his first year, around the time he starts taking solids.

If there is concern about baby's iron levels, a simple hemoglobin test can be done in the WIC office or your doctor's office.

If necessary, offer the baby foods which are naturally rich in iron.

Source: Kelly Mom



The Breastmilk Collector

If you're a breastfeeding mom, and you haven't tried one of the new Breastmilk Collector Silicone Manual Breast Pumps, run, don't walk and get your hands on one of these amazing, life changing, milk saving, silicone miracles.

If you've ever breastfed a baby, you know that once baby is latched, that LIQUID GOLD will start flowing from both breasts. The breastmilk collector can be used to catch any and all milk that comes out.

It's simple and easy to use. You just fold down the flange (top), place it over your breast, squeeze the base of the pump to initiate suction, flip the flange up over your breast and milk will start flowing.

From there, the pump will do all the work. The suction, along with gravity, will draw out your milk from your letdown and catch it. If it hurts, then you will need to reposition to make sure your nipple is in the middle of the flange. If you feel the pump is falling off, just release suction and reposition and restart suction.

Use of one of these breastmilk collectors is one of the easiest and less time-consuming ways to start building up that freezer stash without having to set time aside to pump.

Source: www.momlikeyoumeanit.com

Breastfeeding in Public

It's 2022 and moms are still getting shamed for breastfeeding in public. Some aren't sure of their rights to breastfeed in public.

Missouri Law states: "A mother may, with as much discretions as possible, breastfeed her child in any public or private location where the mother is otherwise authorized to be."

What Can You Do About People Who are Unsupportive of Breastfeeding?

While you might be able to educate those around you who are unsupportive of breastfeeding, you might need to find others who will be more supportive, including a breastfeeding support group.

Please join our breastfeeding support group on-line and in person. Check out the Livingston County Breastfeeding Facebook page to find out the time and date of our next meeting.

Join us to get support OR give support. Either one is so important. You know what they say: Breastfeeding is 90% determination, and 10% milk production.

Source: www.dhss.mo.gov/breastfeeding



Mom of the Month Kami Nelson & Emerson

Emerson was born in April 2022. I went into pregnancy knowing I wanted to breastfeed and did as much research as possible to prepare.

As soon as Emmie was born, she was taken to the NICU. While we were lucky enough to do SNS feedings every 3 hours, Emmie wasn't successful with breastfeeding.

A very observant nurse notified her doctors of a potential tongue tie which was the cause of being unable to properly latch.

We met with lactation consultants who introduced a shield to help her eat correctly until the tongue tie was corrected. I had no idea these existed!

I fully believe our journey would have been cut short had we not had that education and continued support.

Emmie's tongue tie has since been corrected and we've seen proper weight gain with the help of peer counselors.

We are even in the process of trying to move away from the shield! Until that time, we are determined to keep trying and learning- our goal is one year!

Livingston County Health Center

660-646-5506 livcohealthcenter.com

