



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

## Immunizations THURSDAYS

CALL TO MAKE AN APPOINTMENT  
660-646-5506

# breastfeeding

## Summer Heat & Breastfeeding

Shelby Hayes, WIC Breastfeeding Peer Counselor

It's very hot in many places right now, and you may be wondering if your baby needs water along with breastmilk.

If your **baby is younger than six months old** breastmilk is all they need, even with extremely hot temperatures.

Babies **older than six months of age** can have sips of water, but **too much water** can interfere with breastfeeding because it fills baby up so that he nurses less.

Babies **need the nutrition and calories in breastmilk to grow**. As the temperatures start to heat up your baby will most likely want short nursing sessions more frequently.

Our bodies know exactly what our babies need and the composition of your breast milk will change in response to the need of your baby.

Usually your milk will have a higher water content in the hot weather, and a higher fat content in the colder months.

One of my favorite things about breastfeeding in the summer months is the convenience of my nursing outfits along with taking baby to the pool, park or camping and not worrying about milk that might spoil. I know that it's easily available and she will be well hydrated.

Source: Kelly Mom

## Breastfeeding Awareness Month

August is known as **National Breastfeeding awareness month** and the **first week of August is World Breastfeeding Week**. In celebration, we will be **hosting our annual Breastfeeding Baby Shower on Tuesday August 5th from 5:30-6:30 at the Celebrations Event Hall**.

The **format will be a little different** this year, in that it **won't be the traditional come & go**, but will feature a short speaker. **Amber Miller, Pelvic Floor Specialist, will give a presentation about postpartum pelvic floor health everyone needs to hear**.

Each Mother who registers will receive a pack of diapers, goodie bag with samples, along with pregnancy, breastfeeding and parenting resources.

There will also be refreshments, prize drawings and giveaways from our vendors!

All "to-be moms" and currently breastfeeding moms welcome!

Be sure to register by, Wednesday July 30th.

Shelby Hayes, WIC Breastfeeding Peer Counselor



July/August  
2025



### Q: What about the baby's father? Won't he feel left out if he can't feed the baby?

Answer: There are lots of things fathers can do as part of the "breastfeeding team" with their baby besides feeding him.

Bathing provides lots of skin-to-skin contact and fun, too!

Sitting by mom while she nurses the baby and rubbing mom's back or shoulders.

Offering mom snacks or drinks while nursing is a great way to allow mom to stay hydrated and nourished while she's nursing the baby.

Rocking, holding, cuddling and playing with the baby when not nursing, and changing the diapers, will make dad feel a part of the action.

Studies show that when fathers are actively involved – emotionally, with encouragement, practical help, or being an advocate – mothers are more likely to breastfeed successfully and for longer durations.

Source: La Leche League

# Rethinking Mastitis

Mastitis is a common maternal complication of breastfeeding. The advice commonly given to parents inflicted with mastitis by well-intentioned providers is to “nurse, nurse, nurse!” and “pump, pump, pump!” to keep breasts emptied, or “massage, massage, massage!” to clear out clogs.

However, new research reveals that the true cause of mastitis isn’t clogged ducts or a lack of frequent and complete milk removal, as once believed.

The real culprits? A narrowing of the milk ducts and congestion and inflammation within the breast, caused by an imbalance of the breast microbiome (dysbiosis) and/or hyperlactation (also known as “oversupply”). These changes can trigger significant discomfort and confusion for breastfeeding parents.

According to current research, you don’t need to avoid bras, and you don’t need to massage, soak, or endlessly nurse or pump.

Instead, nurse on demand and pump only to comfort, use ice and anti-inflammatory medications such as ibuprofen or Tylenol to ease discomfort and reduce inflammation, and consider skipping antibiotics—always in consultation with your healthcare provider.

Breastfeeding science is evolving, and with the right information and support, recovery from mastitis can be gentler and more effective.

Source: nestcollaborative.com, Breastfeeding Medicine ABM Protocol

## If the Flange Fits...

Using a breast pump should be comfortable: it should feel like nothing at all or a gentle tug.

Often, a flange that is closest to the actual size of the nipple feels best and gets the most milk out. The flange that usually feels best is the one where the sides of the nipple touch the sides of the flange tunnel and the nipple gently glides a little bit back and forth.



If a flange is too big, it may hurt, make the nipple get bigger than it is usually (swollen), and less milk will come out during pumping.

If the flange is too small, the nipple will not move easily in the tunnel and less or no milk comes out of the nipple. Finding the right fit can make all the difference in your pumping comfort and milk output.

Need help? A lactation professional who has experience observing pumping sessions can do an in-person or video consultation to find the best flange size, including a flange fitting if requested.

We offer these services at the Livingston County Health Center on request and by appointment. Just give us a call at 660-646-5506 and ask to speak to Anita or Shelby. We’re here to support your breastfeeding and pumping journey!

Sources: babiesincommon.com & milkology



## Mom of the Month

### Kaylynn King & Lakelynn

This is my second time breast feeding. With my first baby I didn’t really know a whole lot of what I was doing. I had to start supplementing formula with her because she seemed to always to be eating and I didn’t feel like she was getting enough. Our breastfeeding journey ended just shy of 9 months — I was devastated.

When I found out I was pregnant with our second baby Lakelynn, I kept praying that I would be able to make it to a full year with her.

When we were in the hospital, after having her the cramping that came while breastfeeding her was so much worse than with my first child, which they said was very normal.

But at the beginning I was super scared that the pain was going to go forever and I would have to stop breastfeeding her.

A few days later the pain finally subsided and we continued our journey to now where we are at 14 months of her being exclusively breastfed.

We went through lots of trials though sleepless nights because she just wanted the boob, biting it while teething, she is definitely more clingy to me than her sister was because of the bond. I have loved it so much.

This time around I was also blessed to get to stay home with our daughters so it has just seemed so much easier in general even with the lack of sleep!



THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER AND EMPLOYER.

Livingston County Health Center

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