



Public Health
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breastfeeding

Breastfeeding When You're Sick

Carliesa Chapman, WIC Breastfeeding Peer Counselor

Believe it or not, **people are most contagious before they even know they're sick** with a cold or flu. So, 12 to 24 hours before showing any symptoms, a **mother has already exposed her baby** to whatever bug or virus she's contracted.

Fortunately, the **mother also forms antibodies** to her illness in **four to five days**, which she **passes to her baby via breastmilk**.

Since **most viruses have an incubation period of five to seven days**, the mother **passes her baby the antibody protection** before he/she can come down with anything.

If moms are physically able, **they may continue to nurse while they're ill** with a cold or the flu. The only reasons a sick mother shouldn't breastfeed are **if she feels too lousy to do it or if she's taking a medication that isn't safe for the baby**.

If your **physician prescribes a drug that's not safe to take** while breastfeeding, **find out if it's essential, or ask for an alternative**. Also **consult your doctor before you take any over-the-counter medications**.

Source: Parents and American Baby, Vanderbilt University Children's Hospital Pediatrics

Breastfeeding and Travel

The **thought of traveling with your breastfeeding baby** might feel overwhelming, but **breastfeeding provides several benefits to parents and children traveling together**.

Breastfed babies are very portable. You don't **have to worry about packing up formula, bottles, and water, along with your clothes and other necessities** when you travel.

There are a few things you can do to make breastfeeding on the road a little easier:

Bring healthy snacks and plenty of water while traveling. Not having to stop to pick up snacks will save time, and likely be a healthier option than what you will find in the convenience store!

Build in extra time during your travel to allow for breaks to breastfeed and/or pump, and time for rest. Not having to prepare bottles is a huge time saver: you can **just lift your top and feed baby**, but that **'usually'** means **taking baby out of the car seat—not the safest plan**. Leave a little early to **allow more time on the road to stop, stretch your legs and nurse!**

If you anticipate needing to pump, **don't forget to pack your pump and supplies like milk bags** to take with you on the plane, train or in the car. **Sources:** BabyCenter, Parents

Immunizations

THURSDAYS

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**November/December
2022**



Q: Is it normal to not have a menstrual cycle while breastfeeding?

Answer: Having a baby causes many hormonal changes in your body, so it's very common to not have a menstrual cycle while breastfeeding.

Eventually, you'll begin to return to a normal cycle. Every mom's body is different, so there's no specific time you'll begin to get your period again.

However, many moms tend to start menstruating around the same time they start introducing solids to their babies and sleeping for more extended periods of time.

Source: Medela



Thanksgiving Foods & Their Potential Effects on Milk Supply

If your family is like most in America, **part of your Thanksgiving traditions include fixing a feast of all your family's favorite holiday dishes** and getting together to **socialize and reminisce**.

As a breastfeeding Mom, **you may want to be aware of the effects different foods can have on your milk supply**.

Many natural herbs have been known to affect milk supply, but not all are created equally. **Read on to find out which foods help & which foods can harm in the way of milk production**.

Not only is **garlic known for boosting milk supply**, but a study of breastfeeding mothers who consumed garlic showed the **babies stayed longer on the breast, and nursed more vigorously**. Granted, your breath might reek, but your baby won't have a care in the world when the milk is flowing.

According to BabyCenter, **citrus — in all of its vitamin C-rich glory — is not only a fantastic way to make sure your little one gets their daily dose of the good stuff, but that your breast milk production keeps healthfully chugging along**. Think Cranberry-Orange salad!

Fennel is believed to be a **galactagogue, which is the category for an herb that brings about more breast milk**. Many stuffing and turkey recipes contain fennel.

Several **vegetables are encouraged for breastfeeding moms including asparagus corn, green beans, peas, and beets** — supposedly known for **increasing milk supply and providing essential vitamins and minerals**.

Sweet potatoes are considered a super food, and some feel like they **increase milk supply, so feel no guilt about eating dishes containing this veggie!**

If you see **anything made with oatmeal** on the Thanksgiving buffet, **grab one or two!** Oatmeal has long been known to **support a healthy milk supply and add vital nutrients**.

As you can see, there are lots of foods that encourage an increase in supply, but there are also those that can hamper it. That being said, it takes **A LOT of any food to make a significant difference in your milk supply**.

Sage, Parsley, Peppermint, and Menthol have been labeled as **not beneficial to increasing milk supply**.

You **don't need to avoid them altogether, but be mindful of dishes that contain large amounts of these herbs**. Or, if you're **eating leftovers for days, you might see a slight decrease** in your supply.

Bottom line, **enjoy your favorite foods this Thanksgiving—after all, you're burning a lot of those calories off just by producing milk for your baby—but remember: “everything in moderation” goes for those foods that can affect your milk supply, too!**

Sources: BabySweetBeginnings, The Bump, Kelly Mom



Mom of the Month Meg Wheeler & Haizley

Hello my name is Meg! I am the mother of Haizley.

My breastfeeding journey has been pretty rocky these first couple of months.

I really wanted to give up the first month until I found out she had a tongue tie.

We got that taken care of and she's still learning and her brain is still training itself to latch on right.

We have our good days and bad. I have 3 other children and I plan on breastfeeding as long as I possibly can since I wasn't able to with them and she is also my last baby.

I love the bonding time I have with her that I only got to experience for a short time with my other children.

Livingston County Health Center

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