



Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

Public Health

Prevent. Promote. Protect.

breastfeeding

Breastfeeding Awareness Month

Like all mammals, human mothers are blessed with the ability to produce and feed their babies milk. We know that breast milk is perfectly designed for the child's nutritional needs.

It is the natural and optimal way of feeding babies and promotes bonding between mother and infant. Plus, there is strong evidence that optimal or exclusive breastfeeding has many lifelong positive health effects. For the mother it helps with birth spacing, reduces risk of breast and ovarian cancers, and lowers the risk of hypertension. For the infant it can combat infectious diseases, decreases incidence and severity of diarrhea, lowers respiratory infections and acute middle ear infections, prevents dental cavities, and increases intelligence.

Breast milk has always held great cultural significance; the ancient Greeks believed that the Milky Way galaxy was formed by a swirl of the goddess Hera's breastmilk (and that the breastmilk of a goddess could make a mortal invincible). Virtually all mothers can breastfeed, according to the World Health Organization, provided they have accurate information, and the support of their family, the health care system and society at large. Support can be in the form of giving reassurance, praise, information, and the opportunity for women to discuss problems and ask questions as needed.

At the Livingston County Health Center, we recognize National Breastfeeding Month every August to raise awareness of the health and wellbeing outcomes of breastfeeding and the importance of supporting mothers to breastfeed for as long as they wish.

Source: nationaltoday.com, waba.org

Breastfeeding Baby Shower!

August is **National Breastfeeding Month!** In celebration, **we will be holding a "Baby Shower" for pregnant and breastfeeding mothers** in our community.

This event will be held at Simpson Park, in the Kiwanis Shelter by the tennis courts, on Wednesday, August 2nd from 5:30-6:30.

You must register to attend. Use the QR Code to the right or call the Health Center at 646-5506.



July/August
2023



Q: How much breastmilk can my newborn baby's belly hold?

Answer: Remember, the size of the full-term baby's stomach at birth is the size of a small cherry or a shooter marble.

By day three, it will grow to the size of a walnut or ping pong ball, by day seven, to the size of an apricot, and day 30, to the size of the baby's fist or a large chicken egg.

Your baby's stomach is the size of its fist.

Day One: 3 to 5 milliliters per feeding, or ½ to 1 teaspoonful

Day Three: 22 to 27 milliliters or 0.75 to 1 ounce per feeding

Day Seven: 45 to 60 milliliters or 1.5 to 2 ounces per feeding

One Month: 80 to 150 milliliters or 2.5 to 5 ounces per feeding

This is why babies have to eat at least every 1-3 hours, especially during that first month.

Source: Women Deserve Better

Getting Help Before Baby Arrives...

Carli Chapman, Breastfeeding Peer Counselor

If you are **pregnant and thinking about breastfeeding** your baby, there are **many ways to get information and support**. The first thing to do is **ask your doctor what the hospital does to support breastfeeding**. You can also **put breastfeeding into your birth plan**.

A **birth plan is a set of instructions you make about your baby's birth, you will give a copy to your doctor**. This will help make sure everyone is on the same page.

A **breastfeeding class would be another way that you can learn about breastfeeding**. The class will go over the **benefits of breastfeeding** for mother and baby. It will also cover **what to expect, how to position** the baby to nurse, plus so much more. **We offer a class like this at the Health Center. Call 660-646-5506 for more info.**

A **breastfeeding support group can provide a lot to moms**. A breastfeeding support group is where moms that are either pregnant or breastfeeding meet to talk about their breastfeeding questions and support each other.

At the Health Center, have an International **Board Certified Lactation Consultant, Anita Perry** and a **WIC Breastfeeding Peer Counselor Carli Chapman** available for **one-on-one breastfeeding support**.

We also have a **Mother-to-Mother Breastfeeding Support Group** that meets monthly. Come to **learn from other breastfeeding moms**, or to **help others have a successful breastfeeding experience!**

Call us at **660-646-5506** or text **660-383-2759** for more information about any of our breastfeeding support services.

Pre-Planning for Summer Trips

Traveling with a breastfed baby requires some pre-trip planning.

First, the clothes. A good nursing bra or tank top is the basis of any nursing wardrobe. If you need to open, lift, pull down, or unbutton your dress or shirt, having a tank top underneath will give you a better sense of coverage. Dressing for breastfeeding is all about easy access, so opt for button-down shirts. They are a simple way to open your shirt quickly when needed.

Then, the supply. It's also best to also have a few bottles pumped ahead of time to save you a little bit of time if you're planning on bringing your breast pump on the trip. Remember, breast milk cannot sit at room temperature for more than six hours. To be safe, pack a cooler with ice so the milk doesn't go bad during the drive.

Traveling with small children requires a lot of flexibility in general. This is even more so when you're breastfeeding. Most children hate being in their car seat for extended periods of time, so make sure you let them stretch and take enough breaks. **Take your time, relax, and listen to your baby's cues.**

Accept that you'll need to stop very often. It's inevitable. And don't forget—the law is very clear on this—you can **breastfeed ANYWHERE**.

Source: thepumpingmommy.com



Mom of the Month

Kayle Anderson & Harvest

I breastfed my oldest son for 17 months. When he was four months old, we found out he was allergic to dairy, so I had to cut dairy completely out of my diet to continue my breastfeeding journey with him.

I had to stop nursing him to become pregnant with my daughter, and I have been breastfeeding my daughter for 15 months!

Also, I have been dairy free to accommodate for breastfeeding both my children for 3 1/2 years!

Breastfeeding with my children has led me to start my own business, creating breast milk jewelry and keepsakes.

Breastfeeding has given me such a bond between both of my children that I could never imagine even having, which is why I wanted other moms to have a symbol of their breastfeeding journey to cherish forever!

Livingston County Health Center

660-646-5506 livcohealthcenter.com

