



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

**Immunizations**  
**THURSDAYS**

**CALL TO MAKE AN APPOINTMENT**  
**660-646-5506**

**November/December  
2025**



# breastfeeding

## Breastfeeding & Medications

In the past, **breastfeeding moms have been told to stop nursing, or pump and dump, when it comes to taking medications**, instead of being offered accurate, evidence-based guidance.

**You shouldn't have to "just deal with it" or suffer through with a cold, or pain after a surgery.** While there are certain medications that are not safe or impose a risk to baby or a mother's milk supply, there are usually alternatives that can be used, and **most medications are compatible with breastfeeding.**

As always, you should **discuss any medications with your healthcare providers** including OBs, dentists, pharmacists, surgeons, and pediatricians. They should be **checking these resources before prescribing any medication** or telling a nursing mother to dry up her supply or pump and dump. However if they don't provide safe alternative, speak up and remind them **you are nursing** and want to double check the safety and compatibility with breastfeeding.

The resources: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov) [www.infantrisk.com](http://www.infantrisk.com) [www.halesmeds.com](http://www.halesmeds.com) [www.e-lactancia.org](http://www.e-lactancia.org) are all accessible by parents so you can verify the safety of the medication or treatment that is recommended to you before making major changes to your feeding method. These websites are great tools to have when in a pinch with a minor cold or allergies and looking for a safe over the counter medication. Again, always verify a medications safety with your physician before you take it.

## Finding Support When Times Are Tough

It's no secret many families are feeling the strain right now. Grocery prices keep climbing, and with **uncertainty around programs like SNAP**, it's easy to worry about how to keep healthy food on the table—especially when you're caring for a growing baby.

We understand those concerns. You're not alone, and there are resources right here in our community ready to help. Local food **pantries, meal programs, and community partners** can provide nutritious food and support for your family while you **continue to give your baby the best start through breastfeeding.**

If you're **struggling to stretch your grocery budget**, scan the QR code below to view a list of local food programs and assistance options.

Because **no parent should have to face these challenges alone**—and every family deserves nourishment, support, and hope.



**Q: Is it okay to use a vape while breastfeeding?  
Isn't it better than smoking?**

**Answer:** Using tobacco or electronic cigarettes (e-cigarettes) while breastfeeding can allow harmful chemicals to pass from the mother to the infant through breast milk or secondhand smoke exposure.

Mothers who use tobacco or e-cigarettes should be encouraged to quit. If a mother is unable to quit, breastfeeding still provides numerous health benefits, and breast milk remains the recommended food for an infant.

The American Academy of Pediatrics recognizes pregnancy and lactation as two ideal times to promote smoking cessation, but does not indicate that mothers who smoke should not breastfeed.

**Source:** American Academy of Pediatrics, Centers for Disease Control

# Bottles & the Breastfed Baby

Shelby Hayes, WIC Breastfeeding Peer Counselor

One of the most common questions I get asked is **“What is the best bottle for a breastfeeding baby?”** or **“My baby won’t take a bottle, what should I do?”**

First, I would like to remind you that **breastfed babies love to breastfeed for more than just nutrition or hunger.** Sometimes a baby might just need that extra cuddle or a breastfeed to help them fall asleep, so if they are refusing a bottle it may be that they aren’t exactly hungry at the moment and are looking for comfort.

Also, because all women’s breast come in many different shapes and sizes, there is not a one size fits all category when it comes to bottles, What works for one baby may not work for another.

**Some babies have no problem switching back and forth between breast and bottle while other babies seem to refuse the bottle no matter how many times you try or how many different types of bottles you offer.**

Here are some tips and tricks you can try to help baby take a bottle:

- Try different bottles or nipples
- Have someone other than mom offer the bottle.
- Have someone feed baby when mom isn’t around so baby can’t hear, see or smell mom.
- Feed baby in a breastfeeding position/cradled close to the body.
- Try to feed baby in opposite position of breastfeeding, such as on a lap and looking away from person who is feeding them.
- Try different temperatures of the milk.
- Feed baby out of a sippy cup, open cup, syringe or spoon.
- Try to feed baby before he or she gets too hungry.

Source: [breastfeedingsupport.com](http://breastfeedingsupport.com)

## Traveling With a Breastfed Baby...

Shelby Hayes, WIC Breastfeeding Peer Counselor

Traveling by public transportation can sometimes be stressful. Airports are just one of many public places where breastfeeding mothers face challenges. However, there is federal legislation that protects breastfeeding air travelers. The United States Breastfeeding Committee (USBC) provides Breastfeeding Traveler Information that explains your rights when traveling. This information can be found at the United States Breastfeeding committee website, [www.usbreastfeeding.org/breastfeeding-traveler-information.html](http://www.usbreastfeeding.org/breastfeeding-traveler-information.html)

Having the above information can help you be prepared and ease some holiday travel stress.

Also, breastfed babies are very portable. With breastfeeding, you don’t have to worry about packing up formula, bottles, and water, along with your clothes and other necessities you may need when you travel, making it bit easier on mom and the entire family. One tip I recommend is to try to nurse baby at take-off and landing, it helps to relieve and distract them from air pressure they may feel in their ears.



## Mom of the Month

**Meghan Singleton & Cannon**

I thought breastfeeding was one of the most natural things a mom and child would do together.

After Cannon was born, I quickly figured out that there is a learning curve.

Following an unmedicated labor and delivery, we were both too tired to focus on breastfeeding. To encourage first latch, we tried a nipple shield. It worked, but he only wanted to nurse using the shield, which wasn’t my vision. I desired skin to skin contact and saliva transfer.

Despite this obstacle, with several failures and encouragement from my mom and husband, we dropped the shield and Cannon became a champion breastfeeder!

I was nursing him how I had dreamed, he was growing and thriving, and we were getting the most special time together.

Breastfeeding has fully shaped me as a new mom. The love it produces between us cannot be replicated. I look forward to sitting down and spending 20-30 minutes, just us, bonding, making eye contact, and having tiny conversations about life and how much we love each other.

Breastfeeding Cannon is not only a superpower and the “cure” for so many things, but it’s also one of the greatest gifts I could give to both of us.

**Livingston County Health Center**

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



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.