



## Immunizations

**THURSDAYS**

**CALL TO MAKE AN APPOINTMENT**

**660-646-5506**

## Public Health

Prevent. Promote. Protect.

# breastfeeding

## Breastfeeding & Protecting Baby...

Mothers are frequently told they must stop breastfeeding if they are sick.

In fact, in most instances a breastfeeding mom should be re-assured that they can safely continue breastfeeding. Not only can the mother safely continue breastfeeding, but continuing breastfeeding is good both for the mother and the baby.

Everyone seems to know that breastmilk contains antibodies and how they protect the baby. For instance, what about the virus that caused the mother's cold? To begin with, mothers and babies, especially breastfeeding mothers, are in close contact much of the time, so whoever gave the mother the virus probably also gave it to the baby as well. But even if not, the mother had the virus for a couple of days before she felt ill, so the baby has been receiving immune factors from the breastmilk, including those new antibodies.

The act of breastfeeding, beyond breastmilk, also protects the baby.

Breastfeeding decreases stress, decreases crying (and therefore stress) and the physical contact, skin to skin contact during breastfeeding has been shown to improve the immune response of the baby and lowers the inflammatory response in the baby which is what frequently causes the damage that occurs during infections.

As always, check with your healthcare provider for guidance in breastfeeding your infant/child when you are ill.

Source: International Breastfeeding Center

## Baby's Belly Size...

A newborn baby will nurse anywhere from 8-12 times in 24 hours, which means they are feeding every 1-3 hours.

Breastmilk is digested easily so your baby will want to nurse frequently. Also, frequent feedings are essential to build up your milk supply. Source: Medela

## Newborn Stomach Size

Your breastmilk is all your baby needs!



January/February  
2022



**Q: I plan to pump breastmilk after my baby is born. How often should I pump?**

If you are exclusively pumping, you should pump every 2-3 hours, or as much as baby is eating.

If you pump in addition to nursing, you should always pump whenever a bottle is given instead of breastfeeding.

If you are trying to get some extra freezer supply, the best time to pump is in the morning – usually about 15-30 minutes after your first nursing session.

It's a common misconception that you HAVE to pump in order to breastfeed. This is not true!

If you have no reason to pump and baby is growing well from breastfeeding alone, don't feel like you have to pump.

Source: The Breastfeeding Mama

## Recognizing Hunger Cues

Shelby Hayes, WIC Breastfeeding Peer Counselor

Most of the time you will be told to nurse your baby every 2-3 hours, but you may be wondering if you will be able to tell if your baby is hungry. Your baby will show you signs of hunger or fullness by using sounds and movements.

Crying is often a late sign of hunger, so try to pay attention to your baby and feed her before she gets too upset.

Your child may be hungry if he or she:

- Puts hands to mouth.
- Turns head towards breast or bottle.
- Puckers, smacks, or licks lips.
- Has clenched hands.

Your child may be full if he or she:

- Closes mouth.
- Turns head away from breast or bottle.
- Relaxes hands.

Source: Centers for Disease Control

## Breastfeeding and Child Care...

Going back to work can be a bit stressful. So, to make it easier on yourself here are some things to let your child's caregiver know on how to prepare your child's bottle of breastmilk.

Let them know that breastmilk looks different than formula. It is normal for breastmilk to have different colors, some can be bluish, greenish, or have a hint of brown color to it. If the milk was pumped during the early days, it will have colostrum in it so it can have a yellowish color.

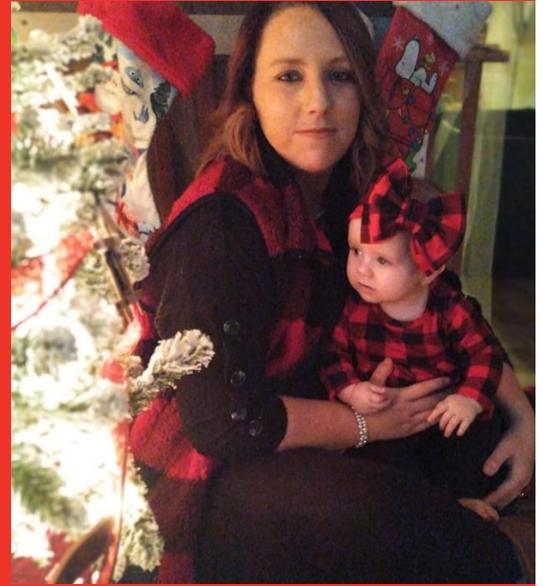
Human milk will separate into layers of milk and cream. When this happens, just heat the milk with warm water and swirl it gently to get it all mixed. Thawing frozen breast milk is easy, you can just place the bottle or storage bag under warm water for a bit or put some warm water in a bowl to place the bag or bottle into.

NEVER thaw or heat breastmilk in a microwave. This can destroy valuable nutrients and can also create dangerous 'hot spots' that can burn the baby's mouth, even though the bottle may feel cool to the touch. For the same reasons, do not boil or overheat breastmilk. Having good communication with your child's caregivers will make this an easier transition for all.

Your baby's caregiver should be aware that a breastfed baby may not be on the same feeding schedule as a formula fed baby. Breast milk is digested quickly, and the baby may need to feed more frequently.

Also, the baby may take in a smaller amount of milk at a time, compared to a baby who has a bottle of formula. Many nursing babies like to nurse for comfort as well as nutrition, and may need extra cuddling and rocking, especially at nap time. Be flexible, and as the caregiver spends time with the baby, they will get to know his own unique schedule and will be able to comfort him in their own way.

Source: Kelly Mom



## Mom of the Month

### Carliesa Chapman & Katherine

*To say my breastfeeding journey has been easy would be a lie. Katherine is my youngest and only baby I have been able to breastfeed as long as I have. We are 6 months and going strong; but it wasn't always this easy.*

*When she was first born, it took a few days for my milk to come in, and I felt like a failure.*

*The first couple days, I would try to latch until she got frustrated and then supplement with formula. I was in so much pain due to her not latching correctly, I had to use a prescription cream for cracked nipples.*

*I was introduced to the most amazing gadget ever—the HAAKKA!!! If you don't have one, you're missing out. If you're like most women, you have one breast that produces more than the other... I was constantly having to pump my left if I fed on my right side or I would be left feeling like it was going to burst. The HAAKKA changed that. I just attach it to my breast and attach her to the other side and relax. The HAAKKA catches all that LIQUID GOLD from letdown. I am able to usually catch anywhere from 4-8 ounces on my left side. That's 1-2 whole feedings that's added to my freezer stash.*

*Not only is breastmilk easier for babies to digest, but the benefits of breastmilk are amazing. We both have had COVID-19 and aside from just being cranky and congested, Baby Girl had a mild case of COVID.*

*I am so happy I chose to breastfeed my baby. It is truly amazing what our bodies can do. To think that I have been the main source of life sustaining nutrients to her for more than six months, makes me feel beyond blessed!*

*We still struggle from time to time with latching, patience, and sleep; but I wouldn't choose a different path. I love being able to provide this way for my baby girl and all the cuddles and snuggles that come along with it are just an added bonus.*

**Livingston County Health Center**

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

*All services provided on a non-discriminatory basis.*

