

Public Health
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breastfeeding

“Winter Blues”...What does it mean?

Anita Perry, RN, IBCLC

Some people get “sad” in the depths of winter and suffer from the “winter blues.” The medical name for this is seasonal affective disorder (SAD). It’s thought that SAD sufferers are affected by shorter daylight hours.

Like the winter blues, as a new mom, you may feel sad, hopeless, or worthless. You’ve just been handed a bundle of joy, yet maybe you don’t feel the elation of motherhood.

According to the National Institutes of Health, as many as 80 percent of women experience very mild, short-term depression combined with mood swings - immediately following childbirth. Symptoms of this temporary condition fade after 7 to 10 days without medical intervention.

Clinical postpartum depression is a more serious condition that requires medical treatment.

Affecting up to 20 percent of women any time from a month to a year after childbirth, postpartum depression leads to feelings of restlessness and anxiety, a sense of worthlessness, and overwhelming sadness and guilt.

Researchers think that postpartum “blues” or depression is caused by the dramatic shifts in hormone levels during - and immediately following the birth of your baby. The stress of childbirth and new responsibilities also add to the pressure.

Thanks to the many women who are now speaking out about their own experiences with postpartum depression and baby blues there is more awareness and has put the focus on treating the condition instead of hiding it.

If you are experiencing persistent sadness, anxiety, or a numb or empty mood, contact your doctor for help. And if you are having thoughts of suicide or harming your baby, you can call 988 Suicide and Crisis Lifeline, Text HOME to 741741, chat online at 988lifeline.org and/or contact your doctor immediately.

Source: Parents and American Baby, Vanderbilt University Children’s Hospital Pediatrics, 988

Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

660-646-5506

January/February
2023



Q: Why is it important to have a good latch?

Answer: Latching is necessary for effective breastfeeding and the transfer of milk.

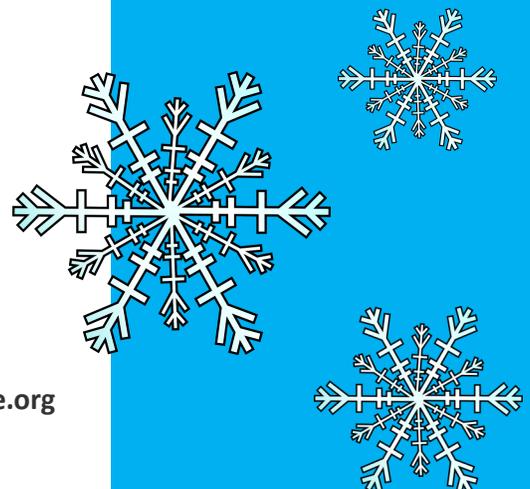
A good, deep latch will prevent nipple pain and damage. It also allows your baby to fully “empty” your breasts, which helps you establish a strong milk supply and avoid clogs or mastitis.

A poor latch results in a poor flow of milk to the baby, even if the mother is capable of producing plenty of milk. If not corrected quickly, inadequate milk transfer can lead to dehydration and failure to thrive in the baby, and blocked milk ducts and mastitis in the mother.

It takes practice, both for you and your baby. But a good latch will help you feel comfortable and help your baby get the most milk.

Source:

wicbreastfeeding.fns.usda.gov



What to Do in the Hospital? Call!!!

It can be a whirlwind after you deliver your baby in the hospital. You may have questions you didn't get asked while you were there, or just feel lost and unsure of what you will do when you take baby home.

Please **CALL** with any questions you may have about breastfeeding!

Don't wait to get help. If the nurse in the hospital says your latch 'looks great' but it still hurts, call a lactation expert (IBCLC).

If your **doctor says your baby is not gaining enough weight, CALL.**

If your **nipple is injured, CALL.**

Enlist Dad. If possible, your partner should be there when you meet with the lactation consultant, both in the hospital and afterward. Dads can be **good problem-solvers**, and you may find yourself feeling **overwhelmed and sleep-deprived** and that will make it hard for you to **process** the information.

Just a reminder, try to nurse within the first hour after delivery. Two hours later, many babies will be hard to rouse.

It may seem like you're producing very little at first – maybe just a few drops of colostrum – but a **1 or 2-day-old baby's stomach is only the size of a marble.**

We welcome your questions, so please, don't hesitate to call us 660-646-5506 or Carli's direct number 660-383-2759.

Sources: Parents

Warning: Nursing is NOT 100% Effective as Birth Control

Breastfeeding typically puts your period – and therefore, ovulation – on hold for months, which means it's unlikely that you'll get pregnant, but it's still possible.

Exclusive breastfeeding can be about 98 percent effective in preventing pregnancy, but only if baby is less than six months old, menstrual periods have not returned, the baby is breastfeeding on demand (day and night) and is not receiving anything else except breast milk.

That means the chances of getting pregnant are higher in women who don't exclusively breastfeed their babies, and in women with formula-fed babies or older babies who have a mix of breast milk and solid foods.

Getting pregnant while breastfeeding can impact your nursing baby.

Pregnancy can inhibit milk supply tremendously, and makes it more difficult to achieve your breastfeeding goals.

If you're not looking to add to your brood right away, talk to your doctor about the best contraception methods to use that won't have a significant effect on your milk supply, such as condoms or low-dose oral contraceptives.

Sources: Planned Parenthood



Mom of the Month Carli Chapman & Katherine

Wow! 18 months already? It seems just like yesterday that I started this breastfeeding journey.

So, a year ago, I wrote about breastfeeding my youngest when she was 6 months old. Since then, we have experienced mastitis, plugged ducts, teething, and attempts to wean; and let me tell ya, it has not been easy.

My original goal was to make it one year. With the push of my husband, my family, and my WIC family, here we are at 18 months and still going strong. We are still experiencing some biting from time to time as more teeth come in, but she has come to realize that if she bites, mommy takes her "MILKIES" away.

As for the weaning, it's more of a struggle than I had anticipated. She will take a cup as long as I am nowhere around. If she sees me, she will throw her cup like Mahomes throws a football.

My next goal is to make it to her birthday, which will make our nursing journey 2 years long. It is becoming closer and closer to that bittersweet moment. I'm not sure either of us are ready for it to end. The bond that we share is amazing and beautiful. Don't get me wrong, there are days that I think to myself, "Will you just get off me already?" but I wouldn't trade it for the world.

Knowing that I can still provide for my baby girl at 18 months, when I couldn't get past two weeks with my oldest or four months with my second, is just such a warm and wonderful feeling and accomplishment!

Livingston County Health Center

660-646-5506 livcohealthcenter.com

