

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

# breastfeeding

## The Important Decision...

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Whether you **absolutely know you are going to breastfeed or not**, there is **no denying the many benefits it provides both mother and baby.**

Every **baby deserves a healthy start in life**, and breastfeeding **provides just the right amount of nutrients** to help a baby grow.

**Moms benefit, too.** In addition to creating a **strong bond between mother and baby**, breastfeeding also **burns calories and releases hormones** that **contract the uterus, helping it return to its normal size** after childbirth.

Mothers who breastfeed also have a **lower risk of ovarian and breast cancers.**

**No, it is not for everyone.** So, if you're on the fence about whether you want to breastfeed, it's important that you consider all aspects of it.

**For starters, you've got to think about your lifestyle:** will you be working or staying at home? Are you going to nurse exclusively or pump too? These things **may not seem like a big deal at first**, but if you're going to commit 100 percent to breastfeeding your baby, **you need to consider them.**

**Once you've figured out that, yes, you do want to give breastfeeding a try**, it's smart to speak with a lactation consultant or your doctor that will aid you in the process.

As many mothers can attest, breastfeeding isn't always easy. **But our bodies are seriously so amazing.** The things they do to provide **our babies with nutrition, to adjust to their needs, and to keep them healthy** are nothing short of incredible. **Yes, it takes work and time and commitment**, but if you go that route, the benefits that your child will reap are immeasurable.

At the Livingston County Health Center, staff members are committed to **supporting and educating mothers who are interested in breastfeeding** their babies.

I am an **International Board Certified Lactation Consultant**, and we also have a **WIC Breastfeeding Peer Counselor, Carli Chapman**, on staff to help moms with all of their questions and provide support along the way.

For **more information about our breastfeeding services**, call 660-646-5506 or visit our **website [livcohealthcenter.com](http://livcohealthcenter.com)**

Source: Hopkins Medicine

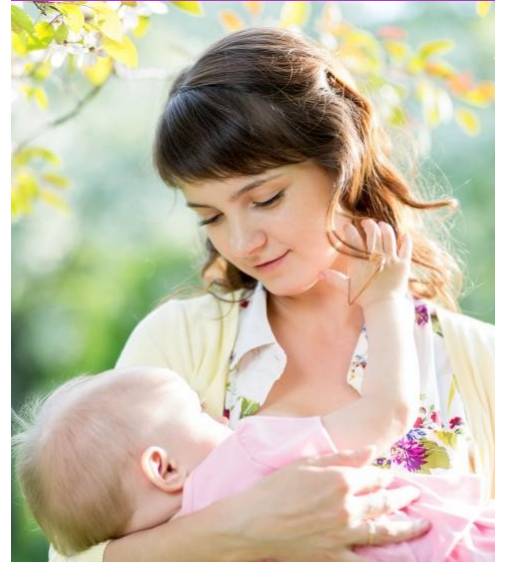
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March/April  
2023



**Q: How do I know if I am producing enough milk for my baby?**

**Answer:** Most women produce just enough milk for their baby at every stage, while others may produce more than what is needed to feed baby.

Only about 5% -10% of women are physiologically unable to breastfeed due to conditions like PCOS or hypothyroidism, or surgeries like breast reduction. Talk to your doctor if you have concerns.

That being said, here's a list of signs that your baby is getting plenty of breastmilk...

- Your baby is satisfied and content after feedings.
- Your breasts may feel softer after feedings.
- Your baby breastfeeds at least 8 to 12 times every 24 hours, including at night.
- Your baby is gaining weight.
- Your baby has at least 6 or more wet diapers a day.

Source: USDA

## Tips for Making More Milk...

Many moms worry about low milk supply, but most of the time your body makes exactly what your baby needs, even if you don't realize it.

There are also ways to tell if your baby is getting enough milk. (If you aren't making enough, there are ways you can build your supply. **And your WIC breastfeeding staff is always there to help!**

- **Breastfeed every time your baby is hungry.** In the early weeks, your baby will eat 8-12 times every 24 hours. It's best not to put your baby on a strict feeding schedule. Follow your baby's cues, and let your baby tell you when it's time to eat.
- **Make sure your baby is latching well.**
- **Offer both breasts at each feeding.** Let your baby finish the first side, then offer the other side.
- **Empty your breasts at each feeding.** Hand express or pump after a feeding to draw out all the milk and signal your body to make more.
- **Avoid bottles and pacifiers in the early weeks.** Feed your baby from your breast whenever you can.
- **Get plenty of sleep and eat a healthy diet.**
- **Pump or express your milk.** Pumping or expressing milk frequently between nursing sessions, and consistently when you're away from your baby, can help build your milk supply.
- **Rest and relax.** Relax, hold your baby skin-to-skin.
- **Take care of yourself.** Get plenty of rest, eat well, drink enough fluids, and let others help you.

Sources: USDA

## What About Pacifiers?

Some babies are happiest when they're sucking on something. Enter pacifiers — but there's a problem. **Giving your baby a pacifier too soon might interfere with breastfeeding, since sucking on a breast is different from sucking on a pacifier.**

The **American Academy of Pediatrics recommends waiting to introduce a pacifier until breastfeeding is well-established**, usually three to four weeks after birth. Once you've **settled into a breastfeeding routine, keep in mind that sucking on a pacifier at naptime or bedtime might reduce the risk of SIDS.**

If you must use a pacifier, **use one that looks most like the shape of your nipple just after the baby finishes nursing.**

Many moms worry about low milk supply, but most of the time your body makes exactly what your baby needs, even if you don't realize it. There are also ways to tell if your baby is getting enough milk. If you aren't making enough, there are ways you can build your supply. **And your WIC breastfeeding staff is always there to help!**

Source: Mayo Clinic



## Mom of the Month Hailey Paysinger & Kinley

*Kinley and I have been nursing for a little over two years now!*

*I wanted to breastfeed ever since I found out I was pregnant, but was so scared I wouldn't be able to produce.*

*To my surprise, my milk came in around 34 weeks pregnant.*

*She immediately latched after she was born and we've been doing great ever since!*

*Breastfeeding has come in very handy especially when she's sick and doesn't want to eat because she'll still nurse to get some good calories.*

*I personally love breastfeeding and we have a close bond because of it...There's no greater feeling than being your child's comfort and safety!*

**Livingston County Health Center**

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

