

Immunizations

THURSDAYS

CALL TO MAKE AN APPOINTMENT

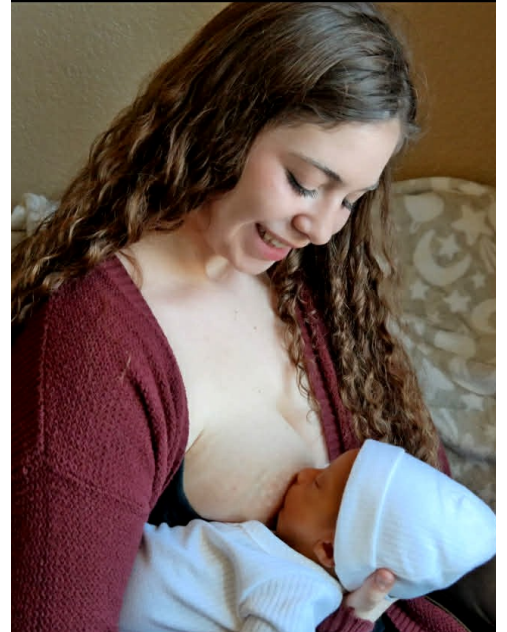
660-646-5506

March/April
2026

Public Health

Prevent. Promote. Protect.

breastfeeding



Who is Most Confused, the Weather or the Baby?

Anita Perry, RN, IBCLC

Just like our **weather seems to be confused** with one day winter and the next spring, **breastfeeding infants can have issues with nipple confusion.**

The term “**nipple confusion**” or “**nipple preference**” has been used to **describe an infant’s fussiness at breast or frustration when they are having problems** switching from a bottle nipple and breast, before breastfeeding is well established.

A baby uses a **totally different technique** to remove milk from the breast than he uses to drink from a bottle. There is **no way to predict who will have problems**, but babies that are born early or **babies with a weaker or more uncoordinated suck may be more vulnerable** to nipple confusion.

One of the easiest ways to help avoid or “fix” this confusion is **waiting until your baby is at least four weeks old** before introducing a pacifier or bottle, which is not always possible.

Some organizations **recommend never giving your breastfed baby a pacifier.** However, the **American Academy of Pediatrics** says that **using a pacifier can help to prevent sudden infant death syndrome (SIDS).** Using **skin-to-skin contact during feedings** can be very helpful, and **making sure to offer the breast before your baby gets hungry** so they are not fussy makes a big difference.

Nipple confusion doesn’t have to derail your feeding journey. With patience, timing, and a little trial and error, **most babies learn to move easily between breast and bottle.** Talk to your **provider or lactation consultant for more information** if you think your baby has nipple confusion.

Sources: LaLeche League, Web MD

Local Breastfeeding Support

Breastfeeding provides the best nutrition for babies and many health benefits for moms. However, as natural as it is, **breastfeeding isn’t always easy.**

Many new **moms need support and information** when learning to breastfeed. The **Health Center offers several resources** to help you reach your breastfeeding goals.

We provide prenatal classes, support groups, one-on-one consultations, hospital-grade breast pump rentals, and infant weight checks. Our goal is to **help you have a positive, successful breastfeeding journey.** For more information or to **schedule a consultation, use the contact info on the business card** to your right!



Q: What is D-MER?

Answer: Dysphoric Dysphoric Milk Ejection (D-MER) is a rare condition causing intense negative emotions during a milk “letdown.”

About 5–15% of breastfeeding women experience feelings like sadness, irritability, anxiety, nausea, or restlessness.

These emotions begin quickly and usually last seconds to a minute, then improve without affecting the rest of the feeding.

D-MER is linked to hormonal changes, including a sudden dopamine drop and/or oxytocin spike.

Research is ongoing to understand causes and treatment. D-MER is not postpartum depression and does not cause mood disorders.

It is temporary, and coping strategies—such as deep breathing, drinking cold water, or connecting with other moms—can help.

Source: D-MER.org
Australian Breastfeeding Association

Colostrum Harvesting

Shelby Hayes, WIC Breastfeeding Peer Counselor

I have received questions regarding **colostrum harvesting**, something that has become **popular on social media**. It's basically **collecting colostrum/breastmilk before the birth** of your baby.

There are pros and cons of colostrum harvesting. It is not **something you have to do and it will NOT determine how successful you will be at breastfeeding** or how much milk you will make.

Many mothers find that it **leads to unnecessary stress or thoughts that they don't or won't have a sufficient milk supply**.

There are certain instances that collecting colostrum prior to delivery may be beneficial. When a mom has **diabetes**, she may want to use her colostrum to help stabilize the infant's blood sugar right after birth. If your **baby is born with a cleft palate**, having the colostrum right after delivery could be beneficial.

If you **do decide to collect colostrum prior to delivery** it is advised **not to do so until around 37 weeks** of pregnancy, because **manually expressing or pumping milk** has been known to cause contractions and could **potentially lead to preterm labor**.

For those that **choose to collect colostrum prior to delivery**, a **pump at this stage is likely to be more uncomfortable than gently expressing by hand** or using a hand pump. It is important to follow proper storage guidelines.

The recommendation is to collect small amounts of colostrum in a sterile syringe. Frozen colostrum can be **stored for up to six months** in the freezer, and once thawed, it should be used within 24 hours.

As always you should **talk with your OB about the benefits or risks of collecting colostrum** while pregnant.

Source: Missouri WIC

Breastfeeding on the Go

Spring sports season is right around the corner, and for breastfeeding moms, that often means **practices, games, tournaments, and evenings on the go**. With a **little planning, you can confidently meet your baby's needs** wherever the season takes you.

Pack a small "feeding kit" with a cover (if you prefer one), extra nursing pads, hand sanitizer, burp cloths, water, and high-protein snacks to keep your energy up.

If you're pumping, **bring a cooler with ice packs** to safely store milk, a **fully charged pump**, and any **needed cleaning supplies**. Dress in **comfortable layers for easy access and consider arriving a few minutes early to find a spot** where you feel relaxed.

Remember to stay hydrated, especially on warmer days, and listen to your body's cues.

Most importantly, give yourself grace. Feeding your baby — whether in the stands, the car, or between innings — is something to be proud of.



Mom of the Month

Destiny Webb & Zayden

For me it's ...

The love, the connection, the comfort, the nutrition, the quiet snuggles, the gazing into each other's eyes, the Peace.

For me it's ...

The dedication, the willingness, the endurance, the courage to keep going.

For me it's ..

The pushing through late nights while completely exhausted, soreness from cluster feeding, occasionally becoming dehydrated, and sometimes random hunger.

For him ...

It's everything in the world he needs to feel relaxed, satisfied, loved, and safe.

And for him...

everything is worth it.

Livingston County Health Center

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EQUAL OPPORTUNITY
PROVIDER AND EMPLOYER.**