

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

**Immunizations**  
**THURSDAYS**

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

# breastfeeding

## Fall Brings Flu Season

Many a mom this time of year will ask the question: “I’m breastfeeding. Is it safe for me to get the flu shot this year?”

**In short, YES!** The single best thing that you can do to keep the flu out of your home is to get vaccinated.

Everyone **6 months of age and older** should get a yearly flu vaccine. It takes **about two weeks after vaccination for your body to develop an immune response.**

And, **yes, you can take the flu shot when you are breastfeeding.** You can also **get a flu shot during any trimester, while you are pregnant.** **Millions of pregnant people have gotten immunized and flu shots have an excellent safety record.**

In fact, the **CDC recommends that women who are in the third trimester of pregnancy, receive the flu vaccine during July and August if it’s available,** because this **can help protect their infants for the first few months after birth** (when they are too young to be vaccinated).

Even if you get the flu shot, **be diligent and wash your hands whenever you come in from any contact with the outside world and carry some baby wipes in your purse or car to be able to wash up** even when you are away from water.

**You just can never be too careful when it comes to you or your family’s health during flu season!**

Source: CDC

## Autism Resource Fair

**Autism spectrum disorder (ASD)** is a developmental disability caused by differences in the brain. About **1 in 36 children** has been identified with ASD according to estimates from the CDC.

The **Health Center and the Chillicothe R-II School District** are hosting an **Autism Resource Fair on Thursday, October 5th from 4:30-6:30 p.m.** at the **Calvary Baptist Family Life Center**, located at 206 Locust Street in Chillicothe.

The **free event** be filled with **booths by organizations that can help answer questions about their resources and how they can benefit and support a child before, during, and after an Autism Spectrum Diagnosis.**

**Families will also be treated to give aways, hot dogs, chips & drinks.**

**September/October**  
**2023**



**Q: Does breastfeeding cause post partum hair loss?**

**Answer:** Even when not pregnant or post-partum, we lose a lot of hair as a normal part of life.

Hair loss after delivering your baby is normal– and temporary. The cause is not breastfeeding but is the drop in hormones as your body returns to normal after delivery that will likely cause you to lose some of your hair.

This hair loss should not be enough to produce any bald spots or create any issues with appearance, so if you experience abnormal hair loss, you may want to consult your doctor.

It can be alarming to see a lot of hair falling out! However, it really is a sign that a person’s hormones are working as they should. The hair loss you experience after delivery should decrease and return to normal within three to four months, when your body resumes a normal hormone cycle.

Source: Medical News Today

# Weaning a Toddler

There is no certain age that you need to have your child weaned; it's up to you and your baby. Some moms want to wean right at 12 months; other moms want to let their child self-wean.

To begin weaning, instead of nursing offer a cup of milk, read a book, sing a song, or give the baby a massage, and begin limiting your nursing session, if you usually nurse for 20 minutes cut it back to 10 minutes. But go slowly; only cut one nursing session every 3 to 4 days. This will help your body adjust and be easier on your little one.

Once you make the decision to start the weaning process you must follow through.

If you fall off your schedule and let your toddler nurse at a time you had previously cut out your will have to back track and start all over again.

When you or your child start the weaning process, it is normal to have mixed emotions. Breastfeeding is something that you will cherish your whole life, it is something only you and your child have together.

It is okay to be sad, just know you gave your child the very best and have an amazing bond all because you chose to breastfeed.

Source: Breastfeeding Basics & Beyond

## Breastfeeding Peer Counselor Support...

*Whether you're just starting out or having challenges, WIC is there for you at every step.*

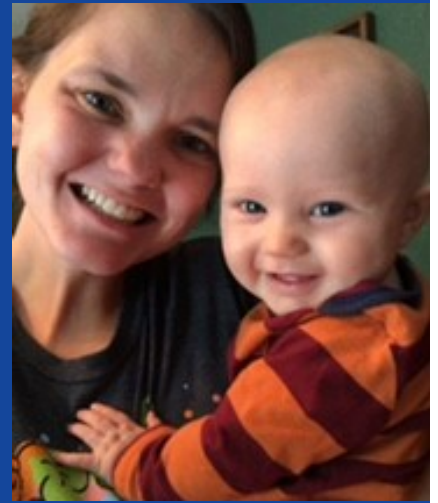
All WIC staff are trained to give the support you and your baby need. Our clinic staff will speak with you about your breastfeeding goals and help you figure out how to make nursing work for you.

The Health Center's WIC clinic also offers peer counseling. A WIC peer counselor is a mother in the community with personal breastfeeding experience who is trained to give information and support to new moms. She will mentor, coach, and support you.

Our Breastfeeding Peer Counselor is Carli Chapman, and she can give you:

- Basic information about breastfeeding.
- Ideas on how your family and friends can support you.
- Ways to get a good start with breastfeeding.
- Tips for a healthy supply of breast milk for your baby.
- Support when you have breastfeeding concerns.
- Tips on how to breastfeed comfortably and discreetly, even in public.
- Advice to help you stick with breastfeeding after you return to work or school.
- You can even reach our peer counselors outside of WIC clinic hours and locations. We know breastfeeding questions can happen anytime, anywhere.

We want you to know that WIC's goal is the same as yours: a happy, healthy baby and a good breastfeeding experience! Please don't hesitate to reach out by calling our office at 660-646-5506 or Carli at 660-383-2759.



## Mom of the Month

### Jordan Miller & Maverick

Hi, my name is Jordan Miller. My husband and I have two beautiful babies, Millie, 2 & Maverick, 6 months.

I had no idea about breastfeeding when I had Millie, but was lucky to have a great lactation consultant in the hospital. She latched right away in the hospital and we were set from that point. A month after her first birthday she stopped breastfeeding completely and weaned herself off.

I am now breastfeeding my 6 month year old baby boy, Maverick. He latched right away, but had a few issues with choking, swallowing, and reflux issues, so we had a harder time in the beginning. We even had to try different nursing positions and even get a specialized nursing pillow to help him when he nursed. This time has definitely been more challenging, but I am so thankful we are still going strong – Maverick is 17 pounds and doing great!

Breastfeeding has been one of the hardest things that I have done mentally and physically, but so worth it in the end. I am proud of myself and my babies for not giving up and giving them the best nutrients for their first year of life.

**Livingston County Health Center**

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

