



## Immunizations

THURSDAYS

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## Public Health

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# breastfeeding

## Eating Well Benefits Mom & Baby

Often breastfeeding moms wonder if they need extra calories while nursing. The answer is you might need to eat a little more—about an additional 330 to 400 calories a day—to give you the energy and nutrition to produce milk. Most moms will make plenty of breastmilk eating their normal amount of food, but if you do feel like you need to add more calories while you're breastfeeding, opt for nutrient-rich choices, such as a slice of whole-grain bread with a tablespoon of peanut butter, a medium banana or apple, and 8 ounces of yogurt.

Remember that when you're breast-feeding, you're giving your baby nutrients that will promote his or her growth and health. Focusing on making healthy choices will help fuel your milk production like protein-rich foods, such as lean meat, eggs, dairy, beans, lentils, and seafood low in mercury. Choose a variety of whole grains as well as fruits and vegetables.

Contrary to what you might have been told, it's always best to eat a wide variety of foods. Most babies do well with most foods. If you eat a certain food that tends to make your baby fussy, eliminate it for a while and then reintroduce it again later. It's true that eating a variety of foods while breast-feeding will change the flavor of your breast milk. This will help to expose your baby to different tastes, which might help him or her more easily accept solid foods down the road.

Eating well is the best way to make sure your baby is getting everything he or she needs to grow and thrive. Your health care provider might recommend continuing to take a daily multivitamin and mineral supplement until you wean your baby to make sure you and baby are getting all the vitamins you need.

Source: Mayo Clinic

## Expect Growth Spurts...

Babies grow faster in their first year of life than at any other time. While they are growing all the time, there are certain times of rapid growth. These are called growth spurts. A growth spurt is a period when a child experiences rapid growth in a short time span. Growth spurts are not just mom's intuition or an old wives tale. In fact, a research study published back in 1992 looked at how much infants grew over different periods. One child grew 5/8" in 24 hours (University of Pennsylvania).

Growth spurts are a normal part of your baby's development. When your baby goes through a growth spurt they may be extra fussy, fight sleep, and want to eat all the time, or cluster feed (nurse for short periods of time, close together. Usually in the evenings). If you feel overwhelmed by all that feeding, try to remember that this is a temporary phase. The increased feeding tells your body to make more milk. This may result in your breasts feeling fuller for a day or two after a growth spurt.

The growth spurt will pass, usually within 1-5 days depending on the infants age, so do your best to go with the flow and nurse baby as often as he/she wants.

Source: Baby Doc Club & Breastfeeding Magazine

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## Q: What medications are safe to take when breastfeeding?

With it being cold and flu season, a lot of moms are wondering what medicines they can safely take while breastfeeding.

Most over the counter medicines, like Tylenol and Ibuprofen, are usually considered safe when taking the correct dosage amount.

However, it can be overwhelming to know exactly what you can and can't take when it comes to cold medicine and breastfeeding.

The "Infant Risk" Website [www.infantrisk.com](http://www.infantrisk.com) is a great resource to turn to when checking on certain over the counter medications.

They also have an app called "MommyMeds" that is easy to use and you can scan the barcode of the medication in question and it will tell you the risk or safety level.

As always, you should contact your Dr. before deciding to take any medications.

Source: [infantrisk.com](http://infantrisk.com)

## It's All About Supply & Demand

Shelby Hayes, WIC Breastfeeding Peer Counselor

Especially in the early days of breastfeeding, milk supply is one of the most common concerns among breastfeeding moms, because unlike with a bottle, you just can't tell how much milk your baby is getting. To make sure you're both on the right track, your pediatrician will monitor his weight closely, especially for the first several weeks.

**Pay attention to the diapers:** Baby should have six to eight wet ones and at least two "seedy," mustard-colored stools daily by the time he's seven days old. Also keep in mind that as long as your baby is gaining weight consistently and his diapers show that he is eating enough, you can assume that he's getting plenty of milk.

If you're still concerned, we can check baby's weight at the Livingston County Health Center, just give us a call at 660-646-5506, or schedule a weight check with your baby's doctor or pediatrician.

Source: Mayo Clinic

## Healthier Emotions for Mom

Breastfeeding is well known for its benefits to Mom & baby in the form of better immunity, lower risk of certain diseases, protection from some cancers, bonding and optimal nutrition.

What you don't hear about as often is how beneficial breastfeeding is for Mom's emotional health.

Keep reading for ways that nursing is good for Mom's mood:

- Breastfeeding produces the naturally soothing hormones oxytocin and prolactin that promote stress reduction and positive feelings in the nursing mother.
- Increased confidence and self-esteem.
- Increased calmness. Breastfed babies cry less overall, and have fewer incidences of childhood illness.
- Breastfeeding can support the wellness of body, mind, and spirit for the whole family.
- Breastfeeding makes travel easier. Breast milk is always clean and the right temperature.
- Physical/emotional bonding between mother and child is increased. Breastfeeding promotes more skin-to-skin contact, more holding and stroking. Many feel that affectionate bonding during the first years of life help reduce social and behavioral problems in both children and adults.
- Breastfeeding mothers learn to read their infant's cues and babies learn to trust caregivers. This helps shape the infant's early behavior.

Source: Cleveland Clinic

## Mom of the Month Tayluer Dunks & Cortlyne



I'm new to breastfeeding all together, so as each day goes by that I've successfully been able to nurse my daughter brightens my day!

This is also the longest I've been able to breastfeed any of my children! When I had my son, I was only able to breastfeed for three weeks... I was a new mom, didn't have much information about anything so our journey was cut short.

It wasn't until the last month of my pregnancy with my daughter that I decided I was going to try it again and I'm so glad I made that decision!

Breastfeeding has shown me an entirely different bond with my baby I didn't even know existed! Although I was super nervous when she was born because of the amount of discouragement I had previously, I was bound and determined to make it as far as I could!

I had set a small goal of making it one whole month and having at least 100 ounces frozen before I returned to work! I researched so much when it came to breastfeeding, I even made some encouragement posters to hang up to keep me motivated!

When one month went by and we were still going strong, I was ecstatic and to top it off, after two weeks of pumping I had frozen over 600 ounces for when I returned to work! Can you say AMAZING?! I couldn't believe my body was able to produce that much!

This was all new! So my next goal was to make it to 3 months! And here we are rounding our third month and still going strong! I wouldn't change my decision for the world! Breastfeeding has shown me what my body can do for my little babe!

When Covid hit our house after a month of breastfeeding, I was so scared that my journey was going to be cut short when I noticed a difference in my supply, but I continued to do what I could to keep going!

Now that I'm back to work, I worried a bit that something was going to go wrong, but with pumping on breaks and nursing when I'm home, she's making all the growth requirements for her age, which lets me know that I'm still doing what I can for her!

My ultimate goal is to make it to one full year. If our journey goes beyond or even less than a year, I will be happy that I was able to make it at far I did this time!

The sleepless nights, cluster feeding, the attempting to get a latch without a shield may be hard some days but those are the moments I'll cherish when our journey comes to an end!

**Livingston County Health Center**

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

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

