

LOVING SUPPORT

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SUCCESS STORY #3

Anna Carmichael is proud to be continuing the healthy heritage of breastfeeding passed to her by her mother. Anna is confident that breastfeeding is what has helped little Abby recover so well from open-heart surgery. She is taking the advice of Abby's doctors and plans to continue breastfeeding until Abby is at least 1 year past her surgery. Anna and her husband Ron get lots of help from big sisters Emily(9) and Sara(15).



Breastfeeding has helped Abby recover.

If you would like to share a breastfeeding success story, drop it off at the Health Department to the attention of Mary Meaker or email it to me at mmeaker@henrystarkhealth.org

Breastfeeding Benefits for Baby

- 1. Breastmilk enables a child to reach full developmental and intellectual potential.**
- 2. Breastfeeding reduces a child risk for developing diabetes, obesity and SIDS.**
- 3. Breastfeeding reduces orthodontic problems.**
- 4. Breastfeeding reduces diarrhea, ear infections, lower respiratory infections, RSV, bacterial infections, pneumonia, urinary tract infections and other common illnesses in babies.**
- 5. Breastmilk gives baby added immunity that formula cannot provide.**



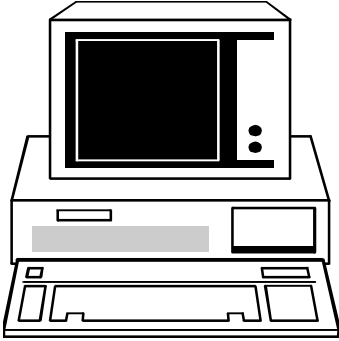
La Leche League of Henry & Stark Counties meets the 2nd Wednesday of each month at 7:00p.m. at the Henry & Stark County Health Department, Kewanee. For meeting information call Malissa at 309-927-3027.

PHOTO OP:

At HSCHD we are so proud of you for your decision to breastfeed that we are dedicating a bulletin board in the nutrition education room to photos of your breastfed babies. Next time you're in be sure to ask about getting your babies' photo put up.

HELPFUL WEBSITES:

www.lalecheleague.org
www.breastfeeding.com
www.breastfeedingcafe.com
www.aap.org



QUESTION OF THE QUARTER

“How Long Should I Breastfeed?”

I have known many moms who start with a short term breastfeeding goal. When they meet that goal, many of them find that they want to continue breastfeeding. If you choose to breastfeed beyond 12 months, you are not alone. More and more moms are choosing to do so. In our success story on the front of this newsletter, you met Anna who is choosing to breastfeed Abby for a full 18 months.

The American Academy of Family Physicians “recommends that all babies, with rare exceptions, be breastfed and/or receive expressed human milk **exclusively** for the first six months of life.

Breastfeeding should continue with the addition of complementary foods throughout the second half of the first year. **Breastfeeding beyond the first year offers considerable benefits to both mother and child, and should continue as long as mutually desired.”**

I have breastfed four children and each one of them was different. I tried to follow their cues when it came time to wean & I must admit that I was heartbroken each time that special stage of life ended. If you have questions about breastfeeding at any age, please give me a call. Mary 525-0194

Notes from Mary:

Dear readers, Welcome to Loving Support Newsletter. If you are still undecided about breastfeeding your baby, there is something I would like you to consider. Breastfeeding is not new. For thousands of years women have been breastfeeding their babies

without the help or interference of pharmaceutical corporations. You can do this! Except in rare cases, women can give their babies the food that was especially designed just for them, mother's milk. As your Peer Counselor, I am eager to answer your questions about breastfeeding and to help you

succeed.

Please feel free to contact me.

My contact information is:

Phone: 309-525-0194

email:

mmeaker@henrystarkhealth.org

