

LOVING SUPPORT

January 2009

SUCCESS STORY #6

This issue's success story is about Amy Cavanaugh. "I am a stay-at-home mom. I come from a family that are huge advocates of breast-feeding. In my family, it wasn't really a decision to breastfeed, it was just expected. I have four children ages 9, 6, 3 1/2, and 6 months. I laugh and say I have been breastfeeding in some capacity about 5 1/2 years out of the last 9 years. I have endured several challenges in breastfeeding my children. It took me a while to get the hang of breastfeeding with my first child as he didn't know what to do and neither did I. I experienced thrush with my second child. Both she and I had it. It was very painful while I had it and at times I felt like I didn't want to continue breastfeeding to just be done with the pain, but we kept going through it and I was definitely glad I hadn't stopped once we got through it. My third child was born small for gestational age. We had medical issues with him in the beginning and I went through doctors telling me he couldn't breastfeed, to another doctor saying if I wanted to breastfeed go ahead, to being told that they thought he had the hereditary disease of galactacemia and that he couldn't breastfeed for his own safety. Because no one was really sure what was going on, I was told that I should pump if I wanted to ever have a



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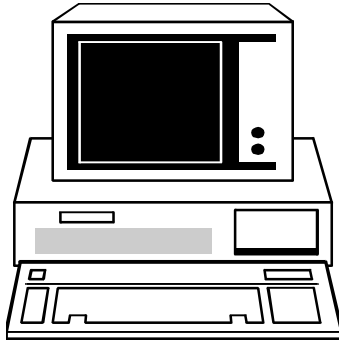
chance of breastfeeding my son if any of these problems turned out to not be the case. It was during this time that I truly realized how easy breastfeeding is (especially after you get through the first couple of months adjusting to breastfeeding). During these bottlefeeding formula and pumping breastmilk times, I, again, wanted to quit. There was no guarantee that this baby would ever breastfeed and it was just so much work. Luckily, I had a very supportive husband who reminded me how disappointed I would be if everything worked out, but I had stopped pumping and couldn't breastfeed because of that. And in the end, my husband was right. My son ended up being fine and was my longest nurser yet. My fourth child has been my easiest nurser, probably because I know more what I'm doing, but even so I had a few evenings in the beginning where I had to work with him to get him to latch. I think the best advise I could ever give someone hoping to breastfeed is to not give up! Breastfeeding takes a lot of work and patience in the beginning, but in the end is so worth the effort for both the baby and the mom."

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.llli.org
www.breastfeeding.com
www.breastfeedingcafe.com



Common Myths about Food for the Nursing Mom

Myth: When a nursing mom eats food that causes her to have gas because of the way it breaks down in her digestive system, it will cause her baby to have gas as well.

Fact: Just because a nursing mom eats food that causes her to have gas, it will NOT cause the baby to have gas. When the body breaks down food, the gas stays inside the mom's digestive tract. The nutrients taken from the food will, however, flow through the bloodstream and into the milk. The same applies to acidic foods such as coffee and tomatoes. The acid digested from food does not transfer into the bloodstream or into the milk.

Myth: A nursing mother should drink extra milk.

Fact: There is one food that a nursing mom can eat that may affect her baby's digestion.

Whey, the liquid part of cow's milk, can give some babies gas and an achy stomach too, when the mom is consuming it in her diet. Different babies can handle whey in different amounts. While a large portion of the population has no problem with consuming whey, others require the mother to either limit the amount of whey in her diet or cut it out completely.

It takes two weeks for whey to leave the mother's milk after having the last serving. After that, if the gas and fussiness, decreases she can try introducing it into her diet a little at a time. As a baby grows, they can handle it better and should grow out of the sensitivity after 3-6 months.



Notes from Mary:

Dear readers, Welcome to 2009. I've enjoyed meeting so many of you in the clinic & on the telephone. I am truly looking forward to helping you be successful in your own breastfeeding experience. No matter what the question is, please feel free to contact me with your breastfeeding

concerns. Day, night or weekends, you can leave a message if I don't answer.

My contact information is:

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or

email:

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If you have a breastfeeding success story you'd like to share, please send it to me by email or drop it off at the Health Department.

