

LOVING SUPPORT

July 2008

SUCCESS STORY #4

Tosca Krider is keeping the breastfeeding tradition going in her family. Tosca grew up surrounded by breastfeeding. For her mother & aunts, there was no other way to feed babies. Though they are no longer living and able to offer their support, Tosca has overcome many obstacles in her breastfeeding experience. She is thankful to have the support of her husband and daughter Violet, who tells me that she also breastfeeds her babies!



Breastfeeding gives me time to hold Rose.

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 MOM

- Research shows that breastfeeding benefits the health of mothers.
- Breastmilk is always fresh, perfectly clean, just the right temperature, and is the healthy choice at the least cost!
- Increased levels of oxytocin stimulate postpartum uterine contractions, minimizing blood loss and encouraging rapid uterine toning.
- From 3 months to 12 months postpartum, breastfeeding increases the rate of weight loss in most nursing mothers.
- Breastfeeding offers some protection against the early return of fertility.
- Because breastfed babies are healthier, their mothers miss less work and spend less time and money on pediatric care.
- Breastfeeding women report psychological benefits such as increased self-confidence and a stronger sense of connection with their babies.



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
WWW. MEDELA.US
WWW. 4WOMAN.GOV

QUESTION OF THE QUARTER

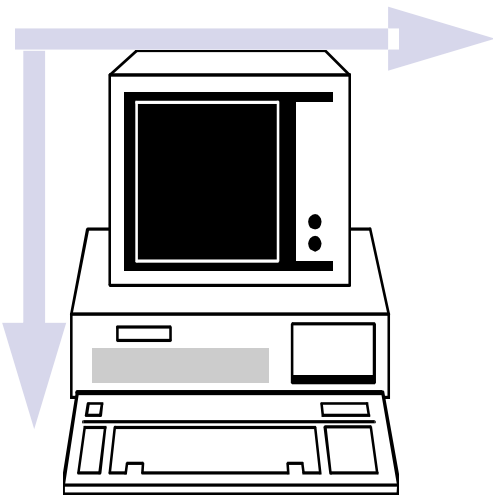
How can I increase my milk supply?

Here are some ideas that may help you to increase your milk supply. Look them over and consider which might work for you.

- Encourage your baby to breastfeed frequently and for as long as he will.
- Offer both breasts at each feeding. Allow baby to stay at the first breast as long as he is actively sucking and swallowing. Offer the second breast when baby slows down or stops. "Finish the first breast first," is a good general rule. (This technique gives baby lots of the fatty "hindmilk.")
- Baby should end the feeding. He may do this by falling asleep and detaching from the breast after about 10 to 30 minutes of active sucking and swallowing.
- Be sure baby is latched on and positioned correctly at the breast, that is, lips should be on the areola (the darker skin area), well behind the nipple.
- A sleepy baby may benefit from "switch nursing" that is, switching breasts two or three times during each feeding. Switch breasts when baby's sucking slows down and he swallows less often.

All of baby's sucking should be at the breast. Limit or stop pacifier use while encouraging baby to nurse more effectively.

This may be a stressful time. Take care of yourself. Pay attention to your own need for rest, relaxation, proper diet and enough fluids.



Notes from Mary:

Summer is finally upon us and I find myself busier than I had planned. However, I am never too busy to answer your breastfeeding questions. If you have a question or a concern related to breastfeeding, please call me. As we all know, babies do not always cooperate and have their problems during

hours. I am available during office hours in addition to evenings and weekends. If I don't answer right away, please leave a message and I will call you back.

My contact information is:

Phone 309-525-0194

email mmeaker@henrystarkhealth.

Celebrate World

Breastfeeding Week in

August.

