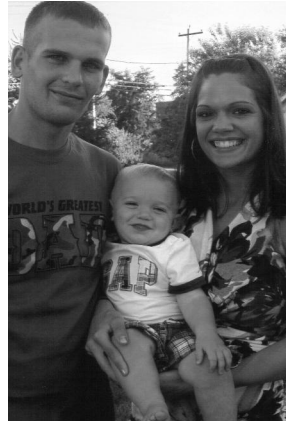


LOVING SUPPORT

October 2008

SUCCESS STORY #5

For stay at home mom, Amanda Moore, choosing to breastfeed was about choosing what was healthiest for Dawson. It was an encouragement to Amanda to have been breastfed by her mother. Dawson, now 14 months, continues to get the benefits of his mother's milk. Amanda is thankful for the support of her partner Jarrod and her older sister. At Henry/Stark County Health Dept. we are very proud of Amanda and all of our breastfeeding moms and babies!



Breastfeeding is best!

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

WHEN TO FEED BABY

A new baby will need to eat often, about eight times in 24 hours. You'll know your baby is hungry when he:

- sucks his fist or fingers
- makes faces
- smacks his lips
- fusses or cries (crying is usually the last sign-try not to wait until then)

Feeding is also important for you. It helps give you a good milk supply and keeps your breasts from becoming too full.

Feed your baby as long as he or she likes at each feeding. When the baby begins to lose interest, remove from breast, burp and then offer the second breast.

Many babies have growth spurts and may want to nurse more often during these times. This is normal, just continue to feed on demand.



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

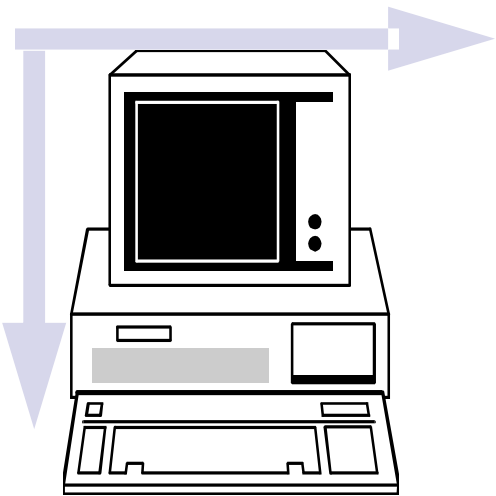
QUESTION OF THE QUARTER

What should I know about pumping?

For full-term babies, pumping should be avoided in the first few weeks until your milk supply is well established.

Tips for successful pumping.

- * If you are away from your baby, pump when you would normally feed
- * store milk in amounts that baby will eat in a single feeding
- * it is normal for one breast to give more than the other
- * breast milk changes color depending on what mother eats, or medications she is taking
- * begin pumping 2 to 3 weeks before returning to school or work
- * A quiet place, warm towels & gentle breast massage before pumping will help you relax and improve milk flow
- * To relax, think of your baby or look at a picture of him or her
- * If pumping one breast at a time, move the breast cup back & forth between breasts every few minutes to improve milk flow
- * Don't be discouraged if you get very little milk at first. Regular pumping usually results in a good milk supply in 5-7 days
- * To avoid waste, store milk in amounts your baby will eat in a single feeding
- * Be patient!



Notes from Mary:

I was very fortunate to have come from a family where breastfeeding was the norm. My mom, sisters, and aunts all primarily breastfed their children. I understand that not everyone has the support of experienced family members. That is why I am on call to answer your breastfeeding

No matter how big or small your questions may seem, I will do my best to help you find the answers you need to continue breastfeeding successfully. I look forward to hearing from you!

*My contact information is:
Phone 309-525-0194
email mmeaker@henrystarkhealth.*

Give me a call,
anytime. Evenings &
weekends are fine.

