

LOVING SUPPORT

Volume 2, Issue 2

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SUCCESS STORY #2

This issue's success story is about my sister-in-law Celesté Hamilton. She has breastfed all seven of her children. Micah is 13 and the baby is just 6 months so she's been at this for quite a while. Little Judah is teething now which makes feeding times a bit interesting for Celesté. As busy as she is, Celesté still finds time to volunteer at the Pregnancy Resource Center in Wyoming a few hours each week so you might see her there some time.



"7" IS THEIR LUCKY NUMBER.

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

TEN GREAT REASONS TO BREASTFEED!

- 1 Breastfeeding reduces the risk of SIDS.
- 2 Breastfeeding reduces ear infections.
- 3 Human milk is easier to digest than formula.
- 4 Breastmilk has antibodies.
- 5 Breastfeeding saves money.
- 6 Human milk changes to meet the baby's needs.
- 7 Breastfeeding is the natural way to feed a baby.
- 8 Breastfeeding lowers moms' risk of breast cancer.
- 9 Breastfeeding provides special moments between mom & baby.
- 10 Breastfeeding improves brain growth in babies.



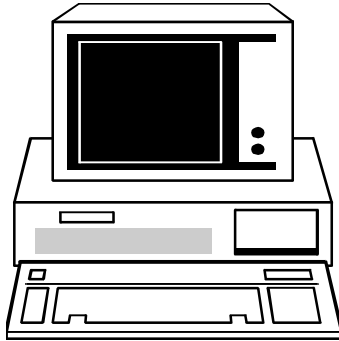
La Leche League of Henry & Stark Counties meets the 2nd Wednesday of each month at 7:00p.m. at the Henry & Stark County Health Department, Kewanee. For meeting information call

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



QUESTION OF THE QUARTER

This article is not about quarters as in money. The newsletter will be printed quarterly. Each quarter I will choose a question from the moms I talk with and address the answer here. I'm finding in my conversations with breastfeeding or new moms, we all have some common concerns. So, here is the first "Question of the Quarter".

"What do I do about sore nipples?"

The most common cause of nipple soreness is that the baby is not latching on properly. Here are a few pointers for a proper latch:

- *Wait until the infant's mouth is opened wide before he grasps the breast.
- *The mouth should be gaping.
- *The tongue should be extended to take in much of the areola.
- *Bring the baby toward the breast chin first.

To break a painful latch, insert your finger into the corner of the baby's mouth and try latching again. To ease pain, avoid the use of soap on your breasts, which can be drying and irritating. Instead, wash with plain water. You might also want to let some milk air dry on your breast after feeding, which can help reduce some inflammation and soreness. To keep nipples soft and supple, try lanolin-based creams made for nipple inflammation. Unfortunately, many women give up breastfeeding early on because of sore nipples. Before this happens to you, call me for support.



Notes from Mary:

Dear readers, Welcome to our second issue of Loving Support Newsletter. I've tried to include some helpful information as you continue or are just starting your breastfeeding experience. You can succeed at breastfeeding and I'm always available to encourage and help you continue to reach your

breastfeeding goals. While every child is different and every breastfeeding experience is unique, there are common issues that with support, we can work through and overcome. 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.

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or

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