

October 2007

## SUCCESS STORY #1

I would like to dedicate this issue of the newsletter to my mother Lura Hamilton. She is an amazing woman. Her crowning glory are the sixteen children of which I am proud to be one. In mom's eyes there was no other way to feed her babies. As the song says, she was "Doin' What Comes Naturally". I am thankful to be her daughter and proud to have passed on the healthy heritage of breastfeeding to my own children.



Mom was "Doin' What Comes Naturally".

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](mailto:mmeaker@henrystarkhealth.org)

## Weighing the options

When deciding whether to breastfeed or formula feed, please consider the following. Breastfeeding has been the standard for centuries; formula was developed as a second choice. Breastmilk occurs naturally; formula is concocted in a lab. Breastmilk supply meets the demands of your baby; formula is mass marketed. Breastmilk is free; formula is expensive. Breastmilk is the perfect temperature; formula must be heated. Breastmilk meets the exact nutritional needs of your baby as she grows and changes; formula is "scientifically" balanced. Breastfeeding lowers the risk of developing allergies. Ear infections are less common in breastfed babies. Breastfed babies have been shown to have higher IQ. Breastfed children have less respiratory infections. Can you see why breastfeeding has been the standard for centuries? What do you choose for your baby?



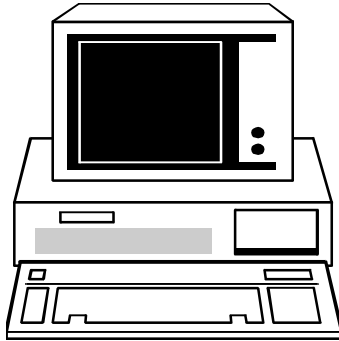
La Leche League of Henry & Stark Counties meets the 2nd Wednesday of each month at 7:00p.m. at the Henry & Stark County Health Department, Kewanee. For meeting information call Malissa at 309-927-3027.

## 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](http://www.lalecheleague.org)  
[www.breastfeeding.com](http://www.breastfeeding.com)  
[www.breastfeedingcafe.com](http://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".

### "Is my baby getting enough milk?"

Mothers instinctively want to make certain their babies are well fed and cared for. The following is a list of indicators that your baby is getting enough milk:

- \*baby is gaining weight, getting longer
- \*6-8 wet/dirty diapers daily
- \*baby nurses frequently, 8 times per 24 hours
- \*baby determines length of feeding time

Be careful not to judge your milk supply by the amount you can see in a breast pump. Your body may not have as good let down response to a plastic breast pump as it naturally does to your infant's stimuli. For those of you who are pumping, perhaps this should be our next quarterly topic.



## Notes from Mary:

Dear readers, Welcome to our first issue of Loving Support Newsletter. I hope you find the information helpful to your situation. As a parent you will make many choices over the next several years. I'm sure you will strive to choose what is best for your child. I would like

to encourage you to start now by making your first "Best Choice" for your child. Choose breastfeeding. It is the most natural and loving way to feed your baby. As your Breastfeeding Peer Counselor, I am always glad to answer your questions about breastfeeding. Please feel free to contact me.

My contact information is:

Phone: 309-525-0194

email:

[mmeaker@henrystarkhealth.org](mailto:mmeaker@henrystarkhealth.org)