

COMMUNITY NEWSLETTER!



#DidYouKnow: Under the PUMP Act, most nursing employees have the right to reasonable break times and a place, other than a bathroom (that is shielded from view) to pump milk while at work?

BREASTMILK IS BEST... BUT IS IT A GOOD OPTION FOR MY FAMILY?

According to health experts, breastfeeding is the healthiest option for both mom and baby. From reducing your baby's risk of sudden infant death syndrome (SIDS) — to lowering mom's risk for breast cancer and depression, breastfeeding benefits are unquestionable!

Healthcare experts also recommend that moms should feed their babies only breastmilk for the first six months. In the United States, more than 80% of U.S. mothers breastfeed their newborns, but less than 30% of moms breastfeed until the six-month recommended time. So why is that...?

Because breastfeeding can be emotionally and physically tough! Although the breastfeeding process is natural, problems can occasionally arise. And sadly, it is also not uncommon for some moms to experience low milk supply.

With that being said, yes breastmilk is best... but there are other options for the thousands of mothers and families who struggle with nursing and low breastmilk-production.

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TOO LITTLE BREASTMILK? WHAT TO DO WHEN BREASTFEEDING DOESN'T GO AS PLANNED



Nearly all new parents worry about whether their baby is getting enough milk. If you're breastfeeding, you can't always measure exactly how much milk your newborn is taking in. However, there are other ways to tell if your baby is getting enough to eat.

A well-fed newborn should:

- 1) begin to steadily gain weight after the first 2 weeks.
- 2) have six or more wet diapers per day.
- 3) seem satisfied and happy for an average of one to three hours between feedings.
- 4) and have three to four yellow and loose (curd-like) stools per day in five to seven days after birth.

On average new mothers nurse at least eight to twelve times every 24 hours. However, not all mothers can produce enough milk to nourish their baby. Others may even encounter other issues that make nursing difficult. So if you are a mom who is having a milk supply issue: there is nothing to feel ashamed of, you are adequate, and you are not alone! **Here are 3 Steps to Take When Breastfeeding Doesn't Go As Expected.**

Step 1: Try Natural Ways to Increase Your Milk Supply

1) Nurse, Nurse & Nurse Some More! The more your baby nurses, the more milk your body makes. Don't follow a strict schedule. Nurse your baby whenever they are hungry, for as long as they want, especially in the first few weeks of establishing your supply, and offer the other breast when the first is empty.

2) Get Some Rest & Try Not to Stress! Lack of sleep can reduce milk production and can hamper your let-down reflex (which releases milk into your milk ducts) and make it harder for your baby to get what they need. So, take care of yourself so that you're at your best for your baby.

3) Eat Healthy & Drink Water! The best diet for a new mother is simply, a normal, healthy, balanced diet rich in lean proteins, fruits, veggies, and whole grains. In fact, certain foods have been shown to increase breastmilk supply, including ginger, fennel, leafy greens, flaxseeds, nuts, and protein-rich foods like fish and chicken. And remember drink plenty of water. If you get dehydrated, you'll make less milk.

4) Pump! Similar to breastfeeding, pumping often increases your milk production. Try pumping for a 10 minutes, rest for 10 minutes, and repeat 3x.

5) Massage Your Breasts! Breast massage can help to boost the volume and fat content of your milk. Try compressing your breast gently during feeding.

6) Check Your Meds! Some drugs can affect breastfeeding. Commonly used medicines that may cut your milk supply include antihistamines and decongestants, diuretics, hormonal contraceptives, and some weight loss medications. Check with your doctor about alternatives.

7) Get Support! If you're having a hard time getting the hang of breastfeeding, an experienced, nonjudgmental professional can be a lifesaver. Consider hiring either a postpartum doula or a lactation consultant to give you advice on things like latching on and the best nursing holds for you.

Step 2: Consult your Doctor & Consider Combo-feeding

Before self-diagnosing or choosing to switch to formula, be sure to consult your doctor, pediatrician, and/or a breastfeeding professional (such as a lactation consultant) for an exam. They may be able to help you find ways to produce more milk or give you information about what to do and the best way to feed your baby using formula or donated breast milk.

These professionals can also help if you are considering supplementing your breastmilk with formula. Supplementing with formula means adding formula to your breastfeeding routine, whether you also nurse or pump breast milk to serve in bottles. Supplementing is also known as combination or combo feeding. But no matter what you call it, supplementing with formula is pretty easy to establish and most babies take to it well.

Bonus Tip: Combo-feedings can be beneficial to all families (especially ones with busy schedules). So, this may be a good option even if breastfeeding is going well.



Step 3: Letting Go of the Breastfeeding Guilt

For a number of different reasons, some women experience difficulties with breastfeeding. These reasons can include previous breast surgeries, improper latching, premature birth, surrogacy, and even work-life conflicts. Consequently, breastfeeding doesn't always work for every body. Here are 4 tips for what to do if you can't or are not able to breastfeed.

1) Consult your GP or healthcare provider. It's important to seek professional help immediately if you are struggling to breastfeed or can't at all. The most important thing is that your baby is putting on enough weight and thriving.

2) Be kind to yourself. Don't be too hard on yourself if you can't or are not able to breastfeed. Don't feel guilty or inadequate – lots of women are in the same position. It doesn't mean you're a bad mother or your child won't flourish. Formula-fed babies can and do thrive!

3) Find the right formula for your baby. It can be overwhelming deciding which formula to use as there are many out there on the market. If you're unsure, seek medical advice from your doctor or pediatrician.

5) Enjoy your bundle of joy. It's easy to get caught up in the difficulty and sometimes shock of not being able to breastfeed. But remember to focus on the positive – you have a beautiful new baby!

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The Angel Awards

Tickets on Sale Now!

In support of local infants and their families, join us for our 2023 Angel Awards: Silent Auction & Benefit honoring Cheryl Willis and Nicole Everett of Conversations with Nicole. All ticket purchases include dinner, a drink voucher, live music, and a raffle entry for a gift card bouquet!



Location: The FSU Alumni Center – 1030 W Tennessee St.
Date: Thursday, August 17th, 2023
Time: 5:30 p.m. to 9:00 p.m.

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education,



women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.

Make Sure Your Baby is a Sleeping in a Smoke-FREE zone!



Exposure to secondhand smoke, can damage your baby's lungs and increase your baby's risk of Sudden Infant Death Syndrome (SIDS). You should also keep your baby out of smoky areas - don't let people smoke near your baby and keep your home, car, and other places your baby spends time, smoke free!

