



BREASTFEEDING NEWSLETTER

JULY - ISSUE #1

Welcome to our quarterly newsletter!

Breastfeeding offers babies a healthy beginning in life. Providing infants with added nutrition and antibodies. Breastfeeding can reduce the risks of breast and ovarian cancer.

All moms can utilize our Breastfeeding Peer Counselors, you do not have to be signed up for WIC.

Our Breastfeeding Peer Counselors can help you through all stages of breastfeeding!



**Thinking about breastfeeding?
We can share the benefits, planning, and how to prepare.**



Your baby is here! We can support you when you need it to make breastfeeding work.



Every mom faces breastfeeding challenges. From low milk supply to growth spurts, we have solutions to help get you through.



U.S. DEPARTMENT OF AGRICULTURE

WIC BREASTFEEDING SUPPORT

LEARN TOGETHER. GROW TOGETHER.

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Meet our Breastfeeding Peer Counselors!



Amey Little is a Breastfeeding Peer Counselor at our agency's Hillsdale County office. Amey has four children and has successfully breastfed three of them. She understands that breastfeeding may come with challenges. As a coach, she helps each mom develop a plan for their own individual and unique breastfeeding journey, through education, coaching, and practice. Breastfeeding can be a **beautiful experience**. Amey's passion is to encourage, support, and educate moms, so they can achieve their breastfeeding goals.



Morgan McCurry is a Breastfeeding Peer Counselor at our agency's Branch County office. She has successfully breastfed both of her sons for 1 year each. As someone who navigated her breastfeeding struggles on her own it became Morgan's passion to educate & empower moms to meet their breastfeeding goals. She understands that breastfeeding can feel overwhelming with limited support. It means a lot to Morgan that she provides a comfortable space for moms to be confident in their breastfeeding journey. With encouragement & guidance breastfeeding can be achieved with ease.



Kelsi Steiner is a Breastfeeding Peer Counselor at our agency's St. Joseph County office. She has 4 children ranging from 11 to 4 years. She started her breastfeeding journey at the young age of 19 years old and had no support or education on breastfeeding. With each child, she had a different experience and learned new things with each baby. She's very excited to help new and experienced mothers in their breastfeeding journey.

Myth: Breastfeeding is Simple

Fact: Breastfeeding is a time when mom and baby learn this new skill together. It takes dedication, support, and lots of practice. Every breastfeeding experience is individual.

Lactation Recipe: Blueberry Oatmeal Lactation Muffins

Certain foods can help breastfeeding parents boost their milk supply. Here is a nutrient-rich recipe that may also help increase your milk supply.

Ingredients:

- 1 cup oatmeal (rolled or old-fashioned)
- 1 1/4 cup all-purpose flour
- 1/2 cup Greek Yogurt (full fat)
- 1/2 cup milk
- 4 tablespoons unsalted butter, melted
- 2 large eggs, lightly beaten
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 2 tablespoons ground flax
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tbsp Brewer's Yeast
- 1 cup fresh blueberries

Instructions:

- Heat oven to 350°
- Use muffin liners in muffin tin
- Combine all dry ingredients in a bowl.
- In a separate bowl, combine wet ingredients (yogurt, eggs, butter, and vanilla)
- Fold wet mixture into dry mixture; stir to combine
- Gently fold in blueberries
- Spoon into muffin tins
- Bake until tops are golden about 20-25 minutes

Alcohol and Breastfeeding

It's summertime and for many that means unwinding with a cocktail. Breastfeeding does not restrict a lactating person from enjoying an adult beverage. There are ways to safely enjoy, without tossing the milk.

How long to wait to breastfeed or pump?

It's recommended:

- 🍷 Wait 2 hours after 1 drink to pump/nurse
- 🍷 4 to 5 hours after 2 drinks.

How much can I drink?

- 1 alcoholic drink a day is considered safe.
- 1 drink = 12 oz of beer, 5 oz. of wine or 1.5 oz. of liquor.

How does it affect the baby?

When your blood-alcohol levels are too high, it can:

- Interfere with letdown
- Decrease milk production
- Affects baby's sleep patterns
- May cause developmental delays



HELPFUL RESOURCES

✦ **INFANTRISK CENTER:** 1-806-352-2519 (9AM-5PM)

✦ **NATIONAL BREASTFEEDING HOTLINE**
1-800-994-9662 (ENGLISH AND SPANISH)

We want to hear from you!

[Click here to submit a question or topic to be answered in the next edition](#)

August is Breastfeeding Awareness Month!

Follow us on Facebook for Breastfeeding giveaways and information!



www.facebook.com/BHSJCHA/



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Next edition:

We look forward to answering your questions and hearing your personal stories. Stay tuned for our next newsletter.

Topics will include:

- How to get a breast pump from insurance?
- How do you know if your baby is getting enough calories?