

BREASTFEEDING NEWSLETTER

SEPTEMBER- ISSUE #2

Welcome to our quarterly newsletter!

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

Meet our Breastfeeding Peer Counselors!



Morgan McCurry
Branch County:
517-279-9561 ext. 121
**After Hours Call or
Text: 517-617-2252**



Amey Little
Hillsdale County:
517-437-7395 ext. 330
**After Hours Call or
Text: 517-617-5585**



Kelsi Steiner
St. Joseph County:
269-273-2161 ext. 223
**After Hours Call or
Text: 517-617-5098**

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

We want to hear from you!

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



How Do I Get A Breast Pump From Insurance?

For breastfeeding mothers, a breast pump can come in handy. Pumping can help build up your milk supply and enable someone else to feed your baby when you cannot. If you want your baby to have breast milk after you return to work, a pump is a must-have item, as it allows you to express breast milk for a caregiver or partner, who can feed your baby when you're not there. The good news is, thanks to the Affordable Care Act (ACA), new moms are entitled to a free breast pump and supplies through their insurance. Here's how you can get yours.

Under the ACA, insurance companies must cover a breast pump and supplies at no cost to pregnant members or members who just gave birth and are breastfeeding. The challenge is that the ACA doesn't say what kind of breast pump insurers must cover, including its price range. As a result, breast pump coverage varies widely depending on your insurance. For more information be sure to contact your insurance company. Since there are no standard guidelines, calling your insurance company is the best way to find specific details about your coverage.

Important tips:

- You will need to wait until the baby has arrived to pick up your pump from the vendor.
- You must provide insurance information to the vendor, an insurance card is preferred.
- A prescription for a breast pump from an OB/GYN must be presented at pick up or faxed to the vendor before pick up.
- You may send someone else to pick up the pump if medically necessary, call the vendor to make arrangements, and verify options before going.
- You may ask to have the pump shipped from the vendor as long as the baby has already arrived and insurance/prescription requirements are met.

Where to get a pump?

Branch County:

Airway Oxygen Inc.
160 Division St Suite D.
Coldwater, MI 49036
Ph# 517-279-1415
Fax # 517-279-1518

5161 B. Dr. South Suite
B.
Battle Creek, MI 49015
Ph # 269-883-2588
Fax # 269-888-2599

Hillsdale County:

Care Linc
3228 W. Carleton Rd.
Hillsdale, MI 49242
Phone # 517-437-3226
Fax # 517-437-3928

606 E. Michigan Ave.
Jackson MI 49201
PH # 517-789-9257
Fax # 517-789-9274

St. Joseph County:

Care Linc
1511 E. Chicago Rd.
Sturgis, MI 49091
Phone # 269-651-3266
Fax # 269-651-6924

218 Enterprise Dr
Three Rivers, MI 49093
Ph# 269-273-5500
Fax # 269-273-6300

ONLINE: edgepark.com and byramhealthcare.com. The pump will ship in the last month of pregnancy.

*If you have Meridian Medicaid you can only use byramhealthcare.com for online purchases.

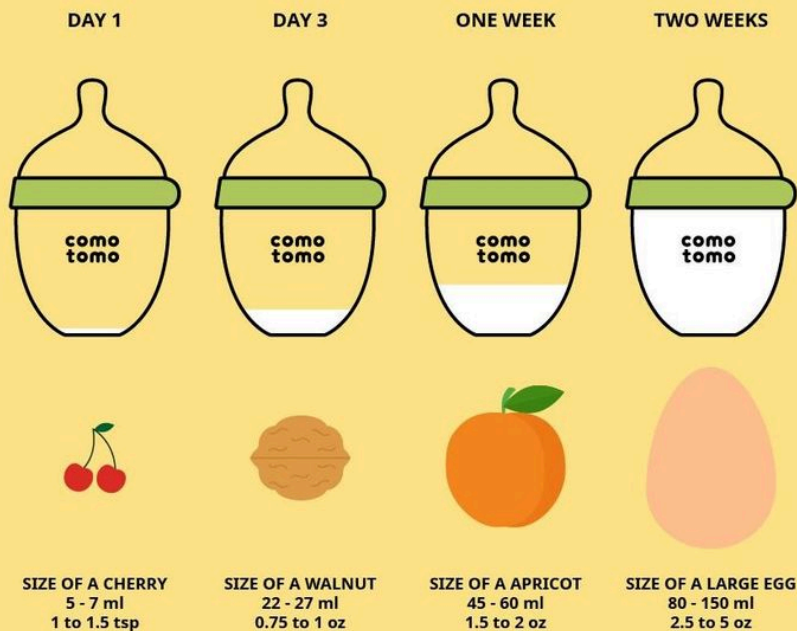
Infant Feeding Cues

Hunger cues are signs our babies give us that let us know they are ready to eat. Watching these cues helps us understand our baby's needs. Latching the baby when we see them is a great way to maintain a full milk supply for the baby. Early cues look like a baby turning its head looking for our breast and licking lips, also called rooting. Middle Cues are moving, kicking, sticking out tongue, and licking fist. Late cues are crying, tight fists, tense body, and scrunched face. Infants move through these cues within minutes. Once an infant is showing late cues they can be resistant to eating, It is important to calm the baby before attempting to feed them.

How do I know my baby is getting enough calories?

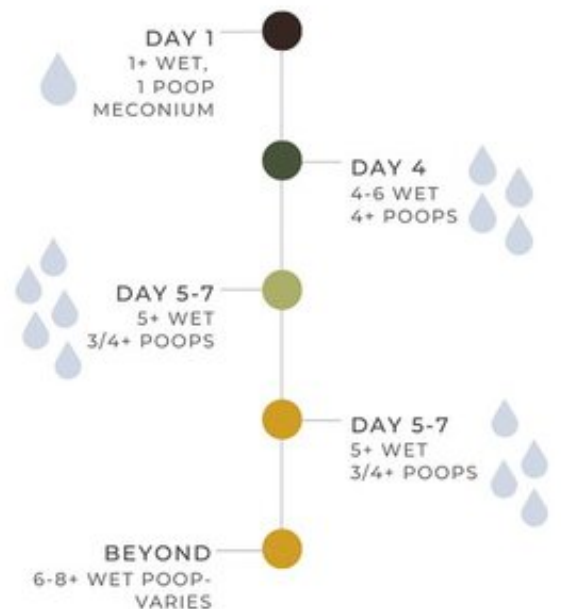
Many parents wonder if their baby is eating enough. It can be helpful to understand the size of an infant's stomach, see the "Baby's Stomach Size" image below. If you offer bottles, you can monitor the ounces given. When nursing at the breast, we can't see what exactly goes in. We recommend watching what comes out, see the image "Tracking Diapers By Day". Regular Diaper output for an infant is a reliable way to monitor calories. You can also watch the baby's behavior at the breast. When nursing you can hear & see the baby's swallowing. When your baby has a full belly they are relaxed and have open hands. Fighting fists is a hunger cue. Another great way to ensure your baby has enough is to nurse on demand, meaning latching when your baby shows hunger cues and not feeding based on the clock.

como tomo BABY'S STOMACH SIZE



TRACKING DIAPERS BY DAY

EXPECTED DIAPER OUTPUT BASED ON DAY OF LIFE



Myth: If you are working or attending school you **cannot** breastfeed.

Fact: Many parents who work or attend school outside of the home continue to breastfeed by pumping when away and latching their baby when they are close by. The Pump Act is a federal law that protects lactating employees by providing regulations for an adequate pumping space and break time for milk removal. To learn more about the Pump Act visit: <https://www.dol.gov/agencies/whd/pump-at-work>. When attending school lactating students are protected by Title IX meaning you are entitled to breastfeeding accommodations while attending school. Check with your school's student center or school counselor for specific information.

No-Bake Pumpkin Lactation Bites

Prep time 10 minutes

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:

- 2 1/2-3 cups old-fashioned oats
- 1/2 cup ground or milled flax seed
- 3 tablespoons of brewer's yeast
- 1 cup nut butter
- 1/2 cup honey
- 1/2 cup pumpkin puree
- 1 teaspoon vanilla
- 1/2 teaspoon pumpkin pie spice
- 1/2 cup white chocolate chips



Instructions:

- In a medium bowl combine old-fashioned oats, flax seed, brewer's yeast, nut butter, honey, pumpkin puree, vanilla, and pumpkin pie spice.
- Stir to combine well. You want this mixture to be soft enough to roll into a ball. Once the mixture is workable add in the white chocolate chips.
- Scoop large spoonfuls of the dough into your hands and roll into bite-sized balls. These bites can be stored in the refrigerator for up to one week or in the freezer for longer.

HELPFUL RESOURCES



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



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



FOR ADDITIONAL BREASTFEEDING RESOURCES VISIT-
[HTTPS://LINKTR.EE/BHSJCHA](https://linktr.ee/bhsjcha)