



**BRANCH-HILLSDALE-ST. JOSEPH
COMMUNITY HEALTH
AGENCY** | YOUR LOCAL
HEALTH DEPARTMENT

BREASTFEEDING NEWSLETTER

DECEMBER- ISSUE #3

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**

Meet our new Breastfeeding Peer Counselor for St. Joseph County!



April Nordahl is a mother to 4 wonderful kids. She was a stay-at-home mom for 15 years and has recently rejoined the workforce. She has always been passionate about breastfeeding awareness and helping others. She is looking forward to doing meaningful work.

269-243-2161 ext. 223
After Hours Call or Text: 517-617-5585

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



U.S. DEPARTMENT OF AGRICULTURE

WIC BREASTFEEDING SUPPORT

LEARN TOGETHER. GROW TOGETHER.

Myth: Breastfeeding in public requires the breast to be exposed.

Fact: Breastfeeding discreetly can be done anywhere. The lactating parent can wear clothes that offer easy access, use a nursing cover, or breastfeed when the baby is in a sling.

Discreet Nursing:

Many mothers experience a sense of pride in nursing their infants but are often concerned about how to do so privately when in public. Maintaining modesty does not mean remaining at home or resorting to restrooms. Discreet breastfeeding in public can be achieved with the appropriate attire.

- **Special nursing tops, dresses, or shirts** have concealed slits and panels can be bought, or one may choose to adapt existing clothing. Wearing a nursing bra that can be easily pulled up or unfastened with one hand can be helpful for discreet feeding.
- **Layering garments** can allow for the "one up, one down" technique, where the outer layer is lifted while the inner layer is lowered. In the early weeks, achieving a proper latch may be challenging as both mother and baby are learning, but the process will become more natural with time.
- **Bringing a shawl or small blanket** can provide coverage for the baby and any exposed midriff areas. It is important to note that some infants may resist having their heads covered, so they might remove the blanket unexpectedly.
- **A Baby sling** can be a great tool. However, mastering nursing techniques in a sling requires careful attention to the manufacturer's guidelines to ensure safe positioning. After feeding, moms are advised to return the baby to an upright position to promote safety and aid digestion.

With practice, discreet breastfeeding becomes increasingly manageable, as it is a skill that can be developed. Before breastfeeding in a public setting for the first time, practicing in front of a mirror can help you to feel more comfortable.

Nursing at Holiday Parties

For many families, gathering with relatives and friends to celebrate holidays is a significant aspect of their lives. The arrival of a new baby brings excitement, as it provides an opportunity to introduce the newest family member.

When attending large gatherings or visiting relatives, it is important not to feel pressured to pass your baby around or to postpone feedings merely to accommodate others' discomfort with breastfeeding. It is helpful to communicate your comfort levels regarding your children and their needs. Taking a moment to retreat to another room, allowing your child to be held by you, or providing a soothing breastfeeding session can help prevent distress. Inform your friends and family that you value your breastfeeding relationship, and if they wish to assist, consider assigning them a task unrelated to the baby. Should they offer to feed the baby, you might respond with, "Thank you, but I'm breastfeeding." If someone inquires whether you are still breastfeeding, you can reply, "Yes, isn't it wonderful?" In response to questions about the duration of your breastfeeding session, you could say, "Probably about another 15 minutes on this side" or "I'll let you know when I'm finished." These statements help avoid placing unnecessary pressure on yourself for allowing others to diminish your enjoyment of the holiday.



Foods for Healthy Milk Supply:

Breastfeeding hunger is no joke, it's estimated that breastfeeding burns an additional 500 calories daily. What we eat is the fuel that helps our bodies keep producing milk, so having a well-rounded diet and focusing on nutrient-dense foods is a great way to ensure your body and baby's body are getting the needed calories and vitamins.

Here are some foods that are great for milk supply:

- **Protein:** Lean meats, poultry, low-mercury fish such as shrimp or salmon, tofu, eggs, beans, and lentils.
- **Whole grains:** Oats, brown rice, quinoa, whole wheat bread, pasta, cereal, and oatmeal.
- **Healthy fats:** Avocado, nuts, and olive oil
- **Fruits and vegetables:** Blueberries, oranges, apricots, carrots, sweet potatoes, and asparagus.



SUPERFOODS FOR BREASTFEEDING



We want to hear from you!

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

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>