

# MILK WITHOUT END

because breastfeeding lasts forever

Volume 1, Issue 2

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Welcome to the second edition of Milk Without End! In this edition of Crawford County WIC's newsletter for breastfeeding Moms we will feature the theme "Give the Gift of Love," just in time for Valentine's Day! Some of the topics we're going to talk about in this issue are the importance of Parent Bonding and Skin-to-Skin Contact.

We would also like to invite you to provide us with some feedback! This newsletter was created for you, so please take a moment to fill out the postage paid card and let us know what you think!

## Resources

La Leche League

24 Hour Hotline 1-877-452-5324

Breastfeeding Education and

Support for Today's Family

Deanna Grube BS, IBCLC at  
Natural Beginnings (419)529-9670

Mothering Touch

Carolyn Zara, MSN, CRNP, IBCLC  
(419)525-4620

Crawford County Peer Helpers

Sara & Kristin (419)562-5859

## Internet Resources

Ohio Department of Health

[www.odh.ohio.gov](http://www.odh.ohio.gov)

WIC Works

[www.wicworks.nalusda.gov](http://www.wicworks.nalusda.gov)

Kelly Mom

[www.kellymom.com](http://www.kellymom.com)

Crawford  
County  
WIC

Bucyrus Hours Monday - Friday 8 - 4:30  
130 North Walnut Street (419)562-5859

Crestline (419)683-2921

Galion (419)462-1197

Please call the Bucyrus office for hours at our other locations.



## The Role of Oxytocin in Maternal Affection

It's often referred to as the "love" or "cuddle" hormone, and the role it plays in your relationship with baby is predominately a breastfeeding Mom's to have. When baby suckles, the hormone oxytocin is released from the brain and into the bloodstream, enhancing Mom's feelings of love, trust and affection for baby. Oxytocin is created in response to this suckling and triggers the "let-down" reflex so that more milk is made for baby according to his individual needs. Mom also tends to recover faster from the physical and emotional stresses of childbirth because of this oxytocin release by lowering blood pressure, allowing the body to get back to its pre-pregnancy shape by producing uterine contractions, and inducing a calming effect.

Oxytocin's role in baby's development from the first moment involves a kind of "imprinting" where baby is drawn to the scent of Mother's breast and develops a preference to Mother through that scent. Further down the road, the organization of baby's stress-handling portion of the brain will take on a permanence that will determine whether has secure or insecure characteristics on into childhood and adulthood.

### A Word About Baby Wearing

Nothing beats wearing your baby in a sling or carrier. Women have been wearing their babies for centuries all over the world and for good reason--the practicality of it can't be mistaken and babies simply prefer it. Breastfeeding Moms always have baby close by. The increased physical contact increases the release of oxytocin. Baby is calmer and closer to Mom (and Dad because he can wear baby too!). Babies are shown to develop independence earlier, have less instances of flat-head syndrome, and harness social skills sooner.



## Bonding With Baby and Skin to Skin Contact

A relationship between Mom and baby built on trust and love lasts throughout life. When a Mom holds her baby close and offers her breast, she feels accepted and loved by her baby. She is secure in knowing that her baby is getting the best possible nutrition for growth.

Breastfeeding provides full nutrition and amazing immune protection for baby, but that's only the beginning. Nursing your baby – holding him close, letting him suck at will, and offering skin-to-skin contact frequently throughout the day – provides benefits for both breastfed and bottlefed babies. We tend to think of nursing as an act that revolves around feeding baby, but nursing involves much more on the side of bonding, skin-to-skin contact and suckling. You're just supplying your baby with food otherwise.

Baby is nurtured by the warmth of Mom's body and comforted by her familiar scent when skin-to-skin contact takes place. Baby's neurons and hormones program him to desire and flourish in this environment—a means of ensuring his protection, survival and optimal development. This bond can also be established between baby and Dad in between feedings. Dad can be especially useful to provide these benefits if Mom has had a difficult birth and can't do it herself.

Check out some of the benefits of bonding with your baby and allowing her to suckle at will:

- Nourishment
- Comfort
- Easing of pain and discomfort
- Protection during illness
- Building of bonding and attachment with parents
- Social development
- Inducing sleep
- Building of trust in parents
- Visual development
- Development of communication skills
- Building brain organization toward positive stress handling throughout life
- Reduced heart disease risk factors
- Lowered risk of SIDS

Skin-to-skin contact immediately after birth has also been shown to provide the following beneficial effects:

- More successful latch
- Stabilized body temperatures
- Stabilized heart rates and blood pressures
- Healthy blood sugars
- Less tendency to cry
- More likely to breastfeed exclusively longer