

Bucyrus Hours Monday - Friday 8-4:30
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Call the Bucyrus office for hours.



milk without end

...because breastfeeding lasts forever

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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
<http://www.odh.ohio.gov>

Wic Works

<http://wicworks.nal.usda.gov>

KellyMom

www.kellymom.com

We are pleased to welcome you to the first edition of Crawford County WIC's newsletter for breastfeeding Moms, *Milk Without End*. Breastfeeding is a decision that provides a lifetime of physical benefits for you and your baby, in addition to the emotional bonds that nursing establishes. As noted by one little guy at the time of his final nursing, "Mama, your milk will last me forever."

Also new to Crawford County WIC is our Peer Helper Program! Peer Helpers are Moms, just like you, who are experienced at breastfeeding and enthusiastic to help you throughout your breastfeeding journey.

Please stop in and say hello to Kristin and Sara sometime if you are curious about breastfeeding, currently nursing and need support, or would simply like to share your joy with someone who understands!

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It's that
time
of year...

How to Avoid Holiday Weaning!

The holidays can be hectic, and while Mom may cave-in to the stresses associated with being on the go constantly, baby also feels that stress. Breastfeeding Moms and babies are especially susceptible to the strains of the season, and holiday weaning can happen if precautionary steps aren't taken.

Holiday weaning can happen for all sorts of reasons. Younger babies are especially vulnerable. The good news is that it's easily avoided!

- Feeding patterns may be off.
 - Frequent feedings are important! You may end up with plugged ducts, mastitis or a temporary dip in your milk supply. If you're planning an event without baby, try to keep the time you spend away to a minimum, otherwise nursing is a great excuse to sit down and relax.
 - If time away is unavoidable, be prepared to pump so that your milk supply doesn't decrease!
- Suggestions from family members and friends can be rough if it goes against your beliefs, especially on first time breastfeeding Moms.
 - Stay true to your position on nursing, and do not allow remarks to keep you from your plans for breastfeeding.
 - This can be a great opportunity to educate people you care about!
 - It may also act as a simply reaffirmation of your beliefs!
 - Nothing more of a response is required of you than to say "We'll nurse as long as baby needs to."
 - Gently decline offers of "help" with feeding baby and extend offers to helping out with cleaning, cooking, and entertaining so that you can give your baby continued attention and care.
- Use a sling to promote continued closeness between you and your baby during the hectic time!



We want to remind Mothers and expecting Mothers to relax and try not to go too fast! You might need to be 20 places at once, but your body and mind have limits. To help you get through this busy time of year, please be sure to plan ahead! Gatherings, celebrations, and festivities abound throughout the wintertime. You're probably always on the go or getting ready to go, and you can't plan for every moment. Here are some things you can do to ensure your holiday season goes as smoothly as possible:

- Increase your milk supply by pumping or expressing!
 - When you choose to pump is important. Some Moms like to pump right after nursing.
 - Keep in mind that your milk supply will increase during this period of time. Your body will readjust to baby's needs once you've stopped pumping.
- Carry a small cooler with healthy treats for you and expressed milk for baby if you expect you might be away or unable to nurse baby for extended periods of time.
- Keep a bottle or two inside of your cooler for expressed milk in the event that you might not be able to nurse for whatever reason.
- Remember, even if baby is exclusively breastfed, it never hurts to be prepared for the unexpected things that can happen during the holidays!

Making More Milk!

There are several ways you can express milk to increase your supply, and WIC can help you decide which way best would work for you and your situation!

Hand Expression ☺ This highly portable method requires nothing more than your hands and a container for the expressed milk. It's a super method to learn, but does not usually allow for multi-tasking and requires more time than the other methods mentioned.

Manual Pump ☺ A manual pump is similar to hand expression in that it can take longer and often does not allow for as much multi-tasking. This kind of pump might be right for you if you're not having luck with hand expression and need something for brief separations from baby.

Electric Pump ☺ An electric pump comes in all sorts of varieties from consumer grade to hospital grade. They are great choices for long term expression, are relatively easy to learn, and are hands free. If an electric pump appeals to you, make sure to contact WIC to find out more about your options.

WIC may be able to provide a manual or electric pump to you at no cost for long term or short term expression. Contact us to find out if you qualify!

