

ROYAL THRONES

AUGUST IS NATIONAL BREASTFEEDING MONTH

Contact Brenda or Beth at New Opportunities with questions or for more information



AUGUST 2014

BREASTFEEDING IS BEST

Breastfeeding is one of the most natural and beneficial activities for mom and baby. There is no other single action by which mom can so dramatically impact the present and future health of her baby.

No formula can duplicate the unique properties of breastmilk, no matter how many vitamins, minerals and supplements are added to what is basically a chemical formulation.

Breastmilk is the one and only natural, complete and complex nutrition for human infants. Just as importantly, breastfeeding promotes an exceptional bond between mom and baby that only mom can provide.

The American Academy of Pediatrics Work Group on Breastfeeding has stated that "human milk is the preferred feeding for all infants, including premature and sick newborns, with rare exceptions." In addition, the Group states that babies should be exclusively breastfed for the first 6 months and ideally, breastfeeding should continue for the first 12 months of life.

WHAT IS YOUR PLAN FOR BREASTFEEDING?

Break your plan into small steps. Breastfeed one step at a time until you reach your final goal. **how long?** You don't need to have an ending date for breastfeeding. **Breastfeed for one day or week at a time**—first in the hospital, the first 2 weeks, first month, 3 months, 6 months, 9 months, and then 1 year. **with or without formula?** The longer you can exclusively breastfeed your baby without using formula, the better. **If you need to be away from your baby...** - pump breastmilk and feed it in a bottle.—**Breastfeed when you are with your baby**—evenings, mornings weekends, days off work or school. - Plan how you can continue breastfeeding if your baby will be drinking some formula. **be flexible** When you make a decision that feels right for you and your baby, it will be the right decision. **Breastfeeding doesn't have to be all or nothing, but consider going for it all.**

WHAT ARE YOUR BREASTFEEDING CONCERNS?

"I won't have enough breastmilk" Yes, you can create enough breastmilk! Plan to spend most of your time during the first month breastfeeding often. **You will create plenty of breastmilk and have more choices later:** - It will be easier to go back to work and keep your breastmilk supply. - It will be easier to exclusively breastfeed when your baby is older. **"My Mother couldn't breastfeed"** Maybe your mother, family or friends did not breastfeed their babies. Most new mothers are breastfeeding today. There are many health care providers who want to help you. Make a list of their names and telephone numbers. **"I'm too busy"** A new baby will change your life. He will be little only once—take time and enjoy your baby! If you need to be away from your baby, pump breastmilk. **"My baby doesn't want to breastfeed"** All babies want to breastfeed. Most babies learn how to breastfeed with no problems. However, some babies need more help learning how to breastfeed.

BREASTFEEDING IN THE WORKPLACE

Providing accommodations for breastfeeding offers tremendous rewards for an employer, in cost savings for health care, reduced absenteeism, increase in employee morale and employee retention. Contact the Carroll County Breastfeeding Coalition to provide education and information about the benefits of supporting breastfeeding within the work place at 712-792-9266.

New Opportunities "Mother's Lounge" available now by the main bathrooms!



Join us on August 9th, 2014 at Graham Park in Carroll for CarrollFest!

An Omelet Breakfast kicks off the day at 7am, Stop by New Opportunities booths at the Kid's Health and Safety Fair from 11am—3pm. Live music starts at 2:30pm and plays until midnight.

Support New Opportunities Family Development Center and the mentoring program by purchasing food throughout the day at any of the United Way food stands!

BENEFITS TO BABIES WHO BREASTFEED:

- Provides most complete and optimal mix of nutrients & antibodies
- Keeps pace with infant's growth and changing nutritional needs
- Protects against stomach upsets, ear infections, respiratory illnesses, allergies, asthma, meningitis, childhood lymphoma, Crohn's disease and ulcerative enterocolitis
- Reduces risk of childhood diabetes and SIDS
- Increases bone density
- Reduces risk of heart disease later in life
- Develop higher IQ's
- Improves brain & nervous system development
- Improves emotional development
- Promotes special warm bonding & emotional relationship with mom