

## Breastfeeding & More!

*MilkWorks offers a variety of classes for expectant and new parents. For a one time fee of \$40 (a \$70 value), you can pick and choose from the following:*

### **Breastfeeding 101**

Learn the basics of breastfeeding, including how to use a breast pump and when to get help. For expectant parents.

### **Baby Wearing 101**

Explore baby slings and carriers for hands-free baby wearing.

### **Introducing Solids & Making Your Own Baby Food**

Perfect for parents of babies who are 3 to 9 months old. Understand readiness tips, safety awareness and introducing new foods. Plus, learn how to make your own healthy baby food! Taught by a registered dietician.

### **Milk Memos**

Designed for moms who are returning to work outside the home while breastfeeding.

### **Diaper Up!**

Reusable diapers are good for the environment and easy on your pocketbook. Learn about the different types, how many to buy and how to clean and store.

For more information about the classes at *MilkWorks*, check our web site [www.milkworks.org](http://www.milkworks.org) or call 423-6402.



The boutique at MilkWorks

## Upcoming Specials at babyworks

**October** – Save 15% on Little Giraffe super soft blankets for babies and robes for moms.

**November and December** – Holiday Specials! Save 15% each week on different items.

**January** – Save 15% on nursing bras and tanks.

**February** – Special Birthday Sale the February 6-12! Save 15% storewide.\*

\*Sorry we are unable to honor double discounts or discounts on any of our breast pumps.

All of the proceeds from *babyworks* support the clinical and educational programs at *MilkWorks*.

**babyworks**  
The boutique at MilkWorks

The only thing more natural is Naked!

Babyworks features the latest in Reusable Diapers - Easy to use and fun to wear!

58th and Old Cheney • 402.423.6402 • [milkworks.org](http://milkworks.org)

**Bella Bands – perfect for the post-pregnancy body as well as throughout pregnancy!**

Pregnant? Nothing fits?

Wear your favorite pre-pregnancy jeans unbuttoned!

Hold up those cute maternity styles that are falling down on your hips.

Instant hold. Instant comfort. Instantly smooth. A must-have wardrobe item during and after pregnancy.



Available at babyworks, the boutique at MilkWorks.

VOLUME 9, Fall 2010/Winter 2011

# Milk matters

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## Wellness for New Mothers

Welcoming a new baby is a time of great change. As you ease into this new stage of your life, remember to take care of yourself.

There is great pressure for new mothers to be happy, trim and fit within weeks of giving birth. These expectations may be unrealistic. Give yourself time to adjust to motherhood and focus on the basics of health. They will go a long way towards helping you look and feel good about yourself.

Where to start?

- ❖ Exercise. No need to run a marathon. Instead, start out gentle. Take a walk daily. Put baby in a sling and walk around the block, or take the stroller and walk inside at the mall. If you were very active before baby was born, you will be able to tolerate more. Otherwise, start slow and gentle – ten minutes a day.
- ❖ Eat well. No need for gourmet meals. Keep a variety of nutritious foods in the house. Fill small containers with cubes of meat, cheese, nuts, fresh veggies and fruit and whole wheat crackers. Snack on small amounts throughout the day. This will keep you from snacking on junk food...and keep you from being cranky and super hungry at meal times.
- ❖ Sleep. Even if disrupted by baby. A new baby often means that you must resort to more sleep periods, but shorter ones. Don't ignore your need for sleep. It is a factor in weight control and mood control.
- ❖ Friends. Spend time with other mothers. Join a mom's group. Sharing concerns with other mothers helps you realize you are not alone and exposes you to other ways of problem solving.
- ❖ Get help. Ask friends and family to help you with the stuff you can't seem to get done. Have them bring in a meal or hold baby while you take a nap or run an errand. Hire a temporary house cleaning service.

Some women, especially if they have a history of depression, may find it harder to balance the changes of motherhood. Feelings of sadness, anxiety, fatigue, isolation or being overwhelmed are not unusual after giving birth. But if they worsen or continue, do not be afraid to ask for help. You may find that you would



Photos Courtesy of Images for a Lifetime by Erica Thompson ©2007

**Socializing with other moms and getting help around the house is just as important to a new mom's health as eating right, getting sleep and exercising.**

benefit from counseling or medications. The goal is for you to stay healthy as you nurture your baby and enjoy being a mother.

## Breastfeeding Assistance:

### **MilkWorks**

5930 South 58th (in the Trade Center)  
423-6402

[www.milkworks.org](http://www.milkworks.org)  
Open daily

*MilkWorks provides a variety of services to help mothers breastfeed their babies, including education, support, consultations, pump rentals and breastfeeding supplies.*

## The Experts at MilkWorks

All of the MilkWorks' staff have breastfed their own children. And, each of us have different credentials – designed to help moms in different ways.

Our **Breastfeeding Educators (BEs)** help everyone by answering basic questions and helping moms with pump rentals, bra fittings and slings. They schedule consultation appointments for moms and basically run the place! All of them have taken a breastfeeding educator workshop.

Our **Lactation Consultants (LCs)** are all internationally board-certified and have a variety of backgrounds as labor and delivery and postpartum nurses, hospital lactation consultants, childbirth educators, doulas and La Leche League leaders (whew!). Between the four of them, they have more than 70 years experience helping moms breastfeed their babies. Our LCs specialize in helping moms with babies younger than 2 weeks old who are experiencing problems with latch or weight gain/supply issues.

Our **Breastfeeding Medicine Specialist (BMS)**, Dr. Kathy Leeper, is a pediatrician as well as a board-certified lactation consultant. She is the first BMS in the state of Nebraska and specializes in moms and babies with feeding concerns, such as prematurity, ankyloglossia, food sensitivities or chronic nipple or breast pain.

## Only at MilkWorks

# Support to Help Moms Adjust to Motherhood

MilkWorks wants to help you and your baby navigate the business of being healthy.

Check out our groups designed to help you feel good about being a mother!

**Mom Talk** – Bring your baby and join other breastfeeding moms. Share breastfeeding information and the ups and downs of being a new mom. Research has shown that moms who spend time with other moms adjust easier to motherhood. The group is led by a breastfeeding educator and is held every Wednesday and Friday at 10 a.m. No need to register. No fee to attend. Just drop in!

**Mom & Toddler Talk** – Chat while your kids play! A perfect place and time for moms to share parenting advice and continue friendships from Mom Talk while your toddlers play. Join the group when you can. **Held every Monday from 10:30-noon.**

Mom Talk is free of charge for moms with babies younger than 6 months of age. All moms with babies older than 6 months of age are asked to pay a **one-time MilkMoms membership fee** of \$15.

## Healthy eating and exercise is all in the family

As a fitness instructor, Heather Hall has always known how important a well-rounded wellness plan was for a woman. When she became pregnant with her first son Eric four years ago, wellness took on a whole new meaning. She was now eating (and exercising) for two!

Since that time, Heather has developed a great relationship with other moms at MilkWorks. She has led new and pregnant mothers through fitness and relaxation classes, and she has met a lot of great women through MilkWorks' Mom Talk groups. She has also added another "work-out partner" to her family, her son Maxim was born on September 12th and she will be able to meet and share with even more moms at Mom Talk.

Even though fitness is her occupation, Heather admits to not being perfect. But her family focuses on an active lifestyle and healthy eating: lots of fresh fruits and veggies, whole grains, lean meats & dairy, and limiting processed & refined foods. And she does try to make fitness a family activity.

She says, "Being only 3 years old, my son is just encouraged to go outside and play as much as possible on his swing-set or run around the yard and play games like tag or imitating animals, which is quite a workout for adults! It's a nice way for our



**Heather Hall and family**

family to have quality time together and get a great workout in."

Her advice to time-crunched new moms: "Focus on intensity rather than time, and more on resistance training than traditional cardio – this will help you get your pre-baby body back and actually get you results. Honestly 15 minutes a day is all you really need."

She says that being a good role model is the best way to keep your kids healthy. Be active and let them see you enjoying healthy foods. She says, "Parents, whether they realize it or not, are the biggest role models for their children!"



Featuring the Medela "Freestyle" with 2-Phase Expression technology.



## MilkWorks

Lincoln's largest supplier of quality breast pumps – with expert advice included in the price!

- hospital-grade breast pumps
- portable, double-electric pumps
- hand-held pumps for occasional use
- milk storage accessories
- Medela Intimate Apparel

**medela**



## The Latest Breaking News on Breastfeeding

According to the April 2010 issue of *Pediatrics* (the official Journal of the American Academy of Pediatrics), low breastfeeding rates result in significant excess health care costs and preventable infant deaths.

An analysis conducted at the Harvard Medical School in Boston, MA, found that if 90% of U.S. babies were breastfed exclusively for 6 months, the United States would save \$13 billion per year and an excess 911 deaths would be prevented.

The study did not take into account the fact that maternal rates of ovarian and breast cancer decrease with breastfeeding, thus resulting in additional savings and improved well being for mothers as well.

## FAQ

### **Does breastfeeding really burn calories?**

Yes, breastfeeding your baby consumes about 500 calories a day – most likely a built-in system to help mothers lose the weight that they gained during pregnancy.

### **Can eating too little while breastfeeding impact your milk supply?**

Yes, but only if a mother drops her caloric intake lower than 1800 calories every day. Remember that it took you 9 months to gain your pregnancy weight. Allow your body to gradually lose that weight. Eating too little may also make it harder for you to handle the work of taking care of your baby.