

Breastfeeding & More!

MilkWorks offers a variety of classes for expectant and new parents. For a one time fee of \$30 (a \$40 value), you can attend all of the following classes:

Breastfeeding 101

Learn the basics of breastfeeding, including how to use a breast pump and when to get help. For expectant parents. Fee: \$20

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. Fee: \$10

Milk Memos

Designed for moms who are returning to work outside the home while breastfeeding. Attend during your maternity leave, or when back at work or school. Fee: \$10

For more information about the classes at *MilkWorks*, check our web site www.milkworks.org or call 423-6402.

Parent Information Center

Visit our web site at www.milkworks.org for trustworthy information on all basic breastfeeding concerns.

Baby Weigh Station

Drop in and weigh your baby during our open hours seven days a week. No fee.



Stay in the swing of things with a SLING!

Discover the benefits of baby wearing with a sling or baby carrier! (We'll show you how to use one!)

Beco • Boba • Wallaby
Moby Wrap •
Baby K'tan • 
Maya Wrap



The boutique at MilkWorks

Upcoming Specials at babyworks

January – All nursing bras and tanks 15% off - a customer favorite!

February – Special Birthday Sale February 5-15! Save 15% storewide.*

March – Step into spring - All shoes 15% off.

April – On the go with baby - Baby carriers 15% off.

Check out our **online sales** at babyworksboutique.com!

*The only exceptions are breast pumps and Petunia Pickle Bottom.

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



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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 ©2010

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
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)** answer basic questions and help moms with pump rentals, bra fittings and using baby 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.

Breastfeeding mom now helping other moms to breastfeed

When Sarah Fischer found out she was pregnant with her first child, she knew she wanted to breastfeed. “My mom breastfed me so I knew I could do it,” Sarah says. “In addition I was hoping to save some money.”

As soon as her baby arrived, Sarah realized that breastfeeding was not as easy as she thought it would be. “At first, my baby had difficulty latching,” explains Sarah. This led to a lot of discomfort (and a lot of discouragement). After 3 weeks, Sarah’s husband finally convinced her to ask for help. She talked to a WIC breastfeeding peer counselor, who gave her some advice and then directed her to MilkWorks for more help.

The lactation consultants at MilkWorks worked with Sarah and her baby to make breastfeeding comfortable. When her baby began showing signs of a food intolerance called MSPI, Dr. Leeper also provided guidance for Sarah. “We were having a rough time and I was on the verge of giving up,” says Sarah. “Everyone at MilkWorks was so understanding and knowledgeable - breastfeeding actually became very enjoyable.”

Sarah was so inspired by the support she received that she decided to help other moms by becoming a WIC breastfeeding peer counselor. Sarah says, “I was so thankful for my experience at MilkWorks, that when the opportunity arose, I decided to help other moms. I knew that if I could make even one mom feel good about breastfeeding, it would be worth it.”

Now Sarah sees not only the importance of the breastfeeding experience, but also the major health



Sarah Fischer and son Marcus

benefits. “Multiple studies have shown that breastfeeding contributes greatly to the health and well-being of children and adults. My son is a very healthy, active little boy,” reports Sarah.

Sarah’s advice to new moms is, “Breastfeeding takes time and practice. It shouldn’t hurt! If you have any discomfort or pain, or if anything doesn’t seem right, don’t be afraid to ask for help. Peer counselors and lactation consultants believe in the power of breastfeeding. They do it because they’re passionate about it. They want to help.”

Sarah is due to have another baby in late January and states, “I can’t wait to breastfeed again!”

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.

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

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2 PHASE

Medela® Pump In Style® Advanced Backpack with 2-Phase Expression® technology.

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