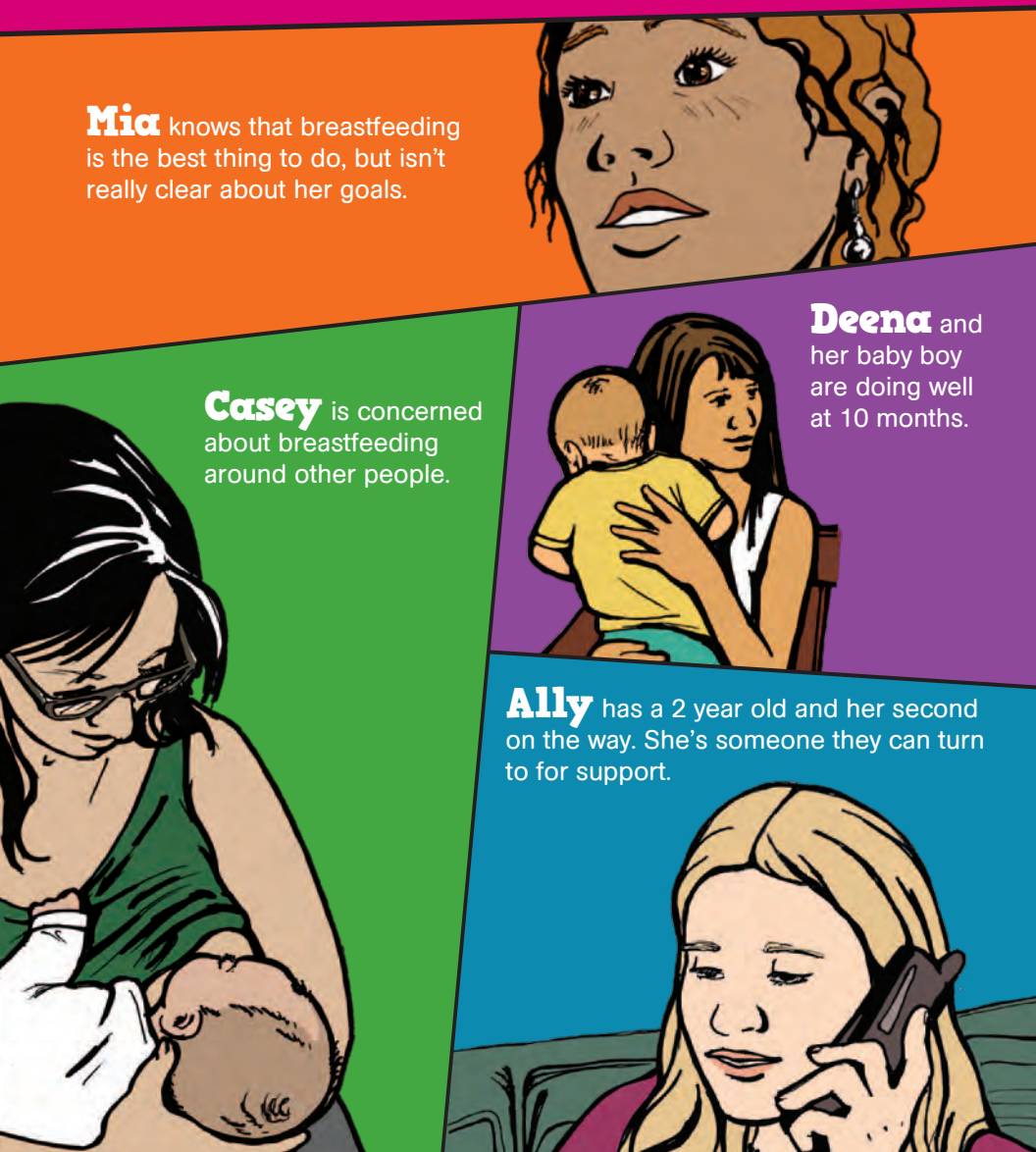
MAIN STREET MOMS

Volume #1 I Got Milk!



Breastfeeding comfortably may take several days or weeks for you and your baby to learn. Getting help from family, friends and your health care team – including WIC and your peer counselor – can help you to keep breastfeeding.

Reach your goal with a little help.

" Happy tears! …tonight at home… I put her on the left again and after a couple of adjustments and re-latching, she was eating and I could hardly feel a thing!!! I can't tell you how excited I am… It definitely wasn't automatic, I had to re-latch her a couple times on both sides, but… wow… I can't tell you how much better it feels. I feel like I have a new stronger bond …how wonderful all of the support has been. (And, I'm sure I'm not done needing it yet!) Thank you, thank you, thank you! You're the best!"

You Can Do It… WIC Can Help!

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To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at www.healthvermont.gov/wic or call 800-649-4357.

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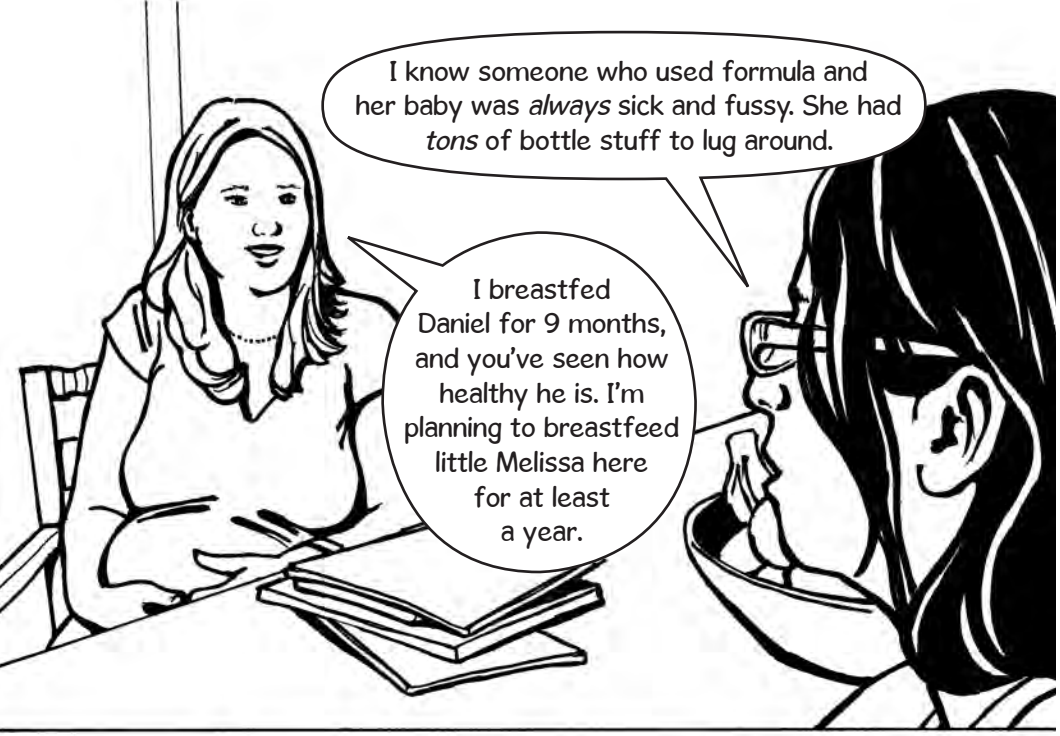
WIC WOMEN INFANTS CHILDREN *We nourish families.*

VERMONT DEPARTMENT OF HEALTH

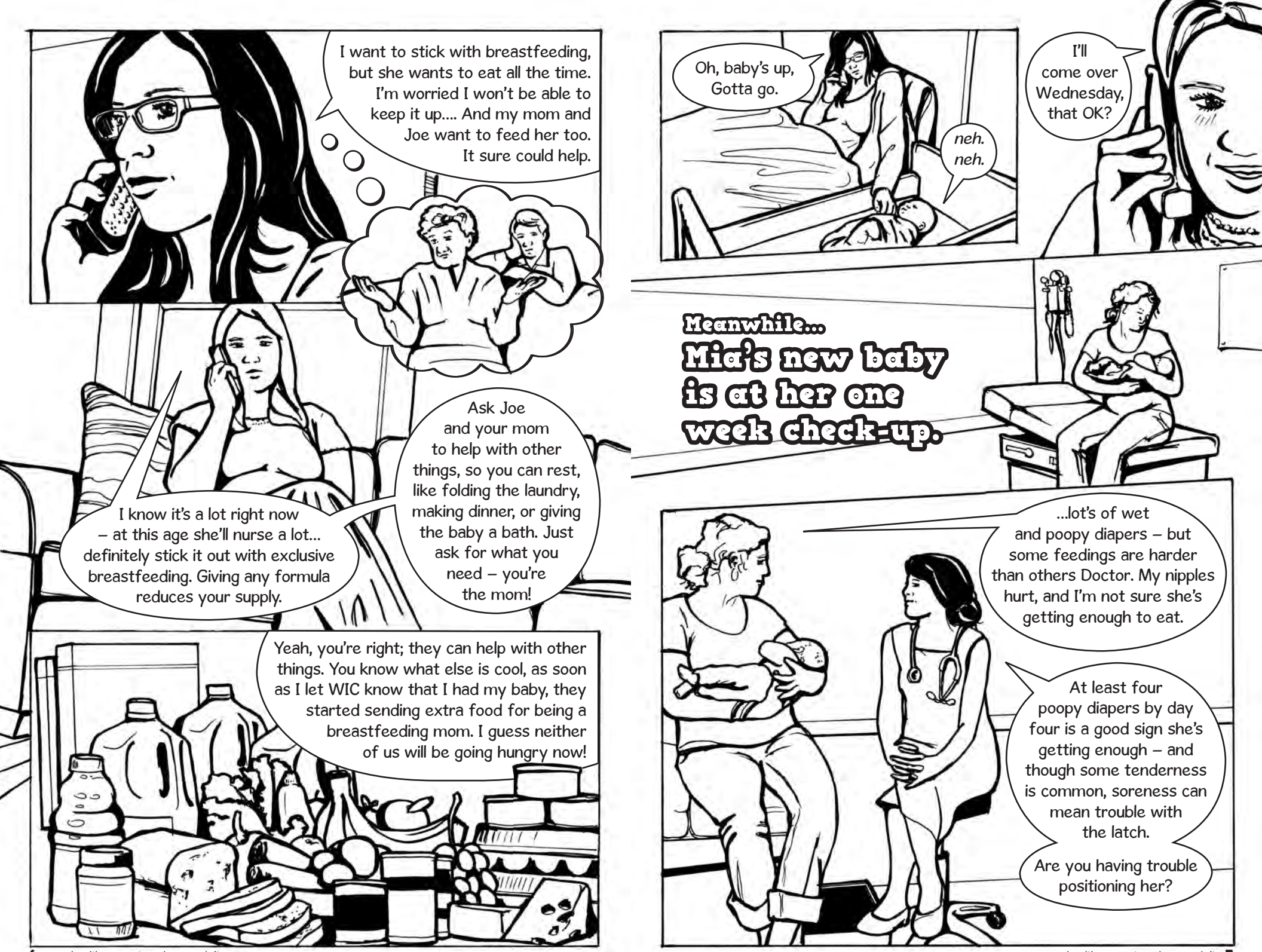
Episode #1 …but will it hurt?

What if I don't make enough milk?
The more you feed, the more milk your body makes....I fed Daniel every couple of hours in the first few weeks... When I had questions I would ask my peer counselor or my doctor. There's even someone called a lactation consultant who can help with any problems. You just need to make a plan.
How do you *plan* for breastfeeding?!
Learn about the BREASTFEEDING CHECKLIST! See the inside back cover.
First, I wanted to know more, so I talked to my doctor about it. She gave me a checklist with resources, and suggested I talk to **everyone** who will be helping me.

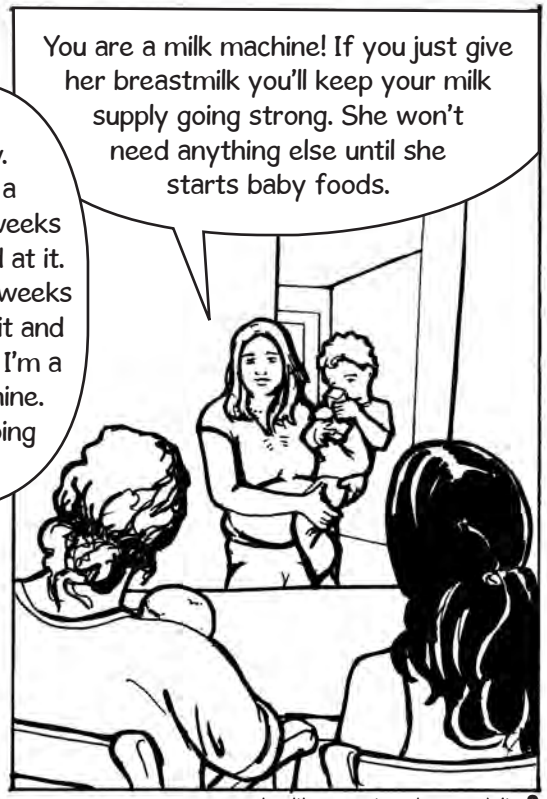
Hey, look at this.
It says in here breastfed babies have less gas and constipation...
... long-term there's less risk of diabetes for the baby and less cancer risks for me. And they don't even mention all that money you save not buying formula and all the supplies to go with it!



Episode #2
Help is on the way.

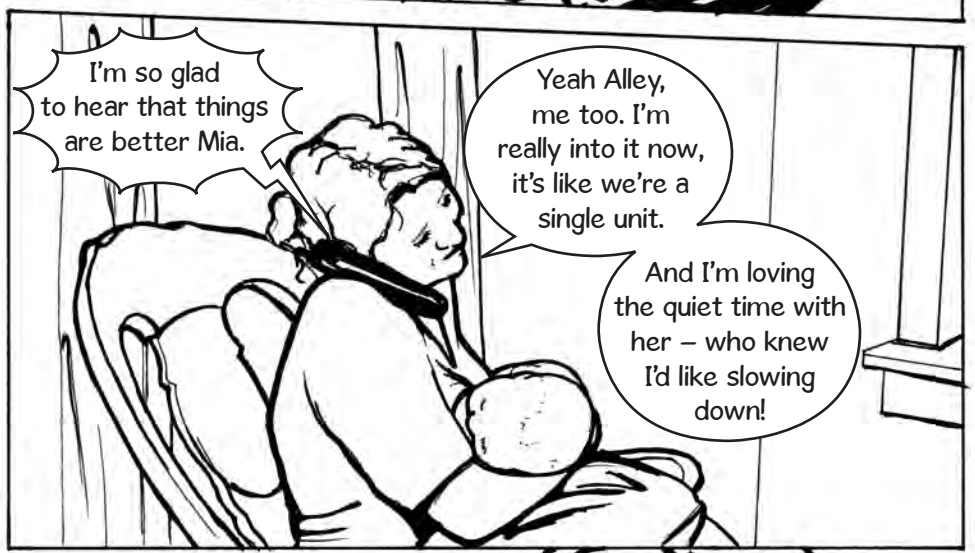

I want to stick with breastfeeding, but she wants to eat all the time. I'm worried I won't be able to keep it up.... And my mom and Joe want to feed her too. It sure could help.
I know it's a lot right now – at this age she'll nurse a lot... definitely stick it out with exclusive breastfeeding. Giving any formula reduces your supply.
Ask Joe and your mom to help with other things, so you can rest, like folding the laundry, making dinner, or giving the baby a bath. Just ask for what you need – you're the mom!
Yeah, you're right; they can help with other things. You know what else is cool, as soon as I let WIC know that I had my baby, they started sending extra food for being a breastfeeding mom. I guess neither of us will be going hungry now!
Oh, baby's up, Gotta go.
neh. neh.
I'll come over Wednesday, that OK?
Meanwhile...
Mia's new baby is at her one week check-up.
...lot's of wet and poopy diapers – but some feedings are harder than others Doctor. My nipples hurt, and I'm not sure she's getting enough to eat.
At least four poopy diapers by day four is a good sign she's getting enough – and though some tenderness is common, soreness can mean trouble with the latch.
Are you having trouble positioning her?

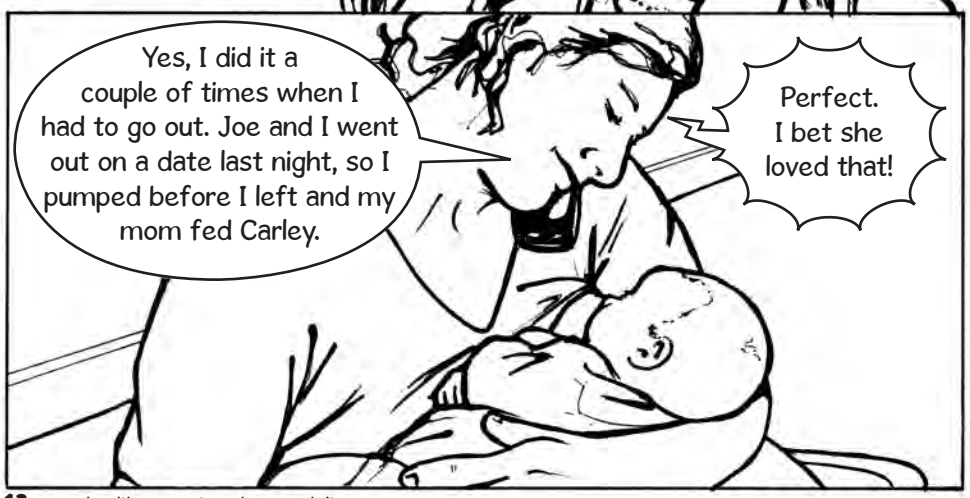
Episode #3 Making milk is easy.



You make it sound so easy – it's been pretty rough for me. Carley's definitely been latching on better now, and I love being so close to her, but...
...it feels like it might be time to stop.
Oh Mia, you can stick with it. It really does get easier. And the connection only gets stronger. Think of all the good things that breastfeeding does for you too! No messy bottles to carry around... believe me, this is easier!
Did you see a lactation consultant?

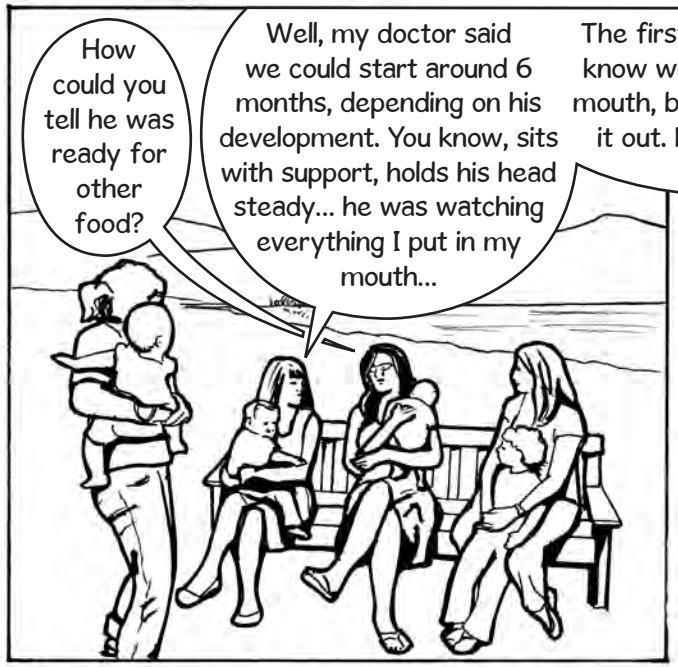
Yeah, she was great, there really are little tricks to learn. But I dunno, there's other stuff too...
...My mother says she looks scrawny. Maybe I'm just not making enough.
Bandit! Down.
Is she feeding 8-12 times a day? You know – by now it's normal for your breasts to feel softer and less full after feeding... her stomach is still small – so she needs to eat often. Babies are smart – they know when they've had enough.
That makes sense, but what if it isn't enough?
Why don't you schedule Carley for a weight check at WIC or call your peer counselor? They can help and show you how well she's growing. Don't give up Mia.





Episode #4 Reached my goal!

Another 2 months fly by.



You're still breastfeeding too, right?

Oh yeah, but less. My body is adjusting to him needing less milk.

And you look really great. Has breastfeeding this long helped you lose weight?

Absolutely. I couldn't have lost the baby weight if I hadn't stuck with it...

I might breastfeed longer than a year. I've heard that the world average is over 2 years! Besides, diabetes runs in my family, so breastfeeding longer is taking care of the baby **and** me.

Whoa! That's a long time. Good to know. I'm thinking about becoming a WIC peer counselor to help other moms with breastfeeding.

You should definitely go for it Ally, you helped me so much. Now I just love the bonding time, and knowing I'm doing the best thing for my baby.

Just wait until you go back to work... it will be the oasis in your day that just melts the work stress away.

When are you going back to work?

I am back part time. I can use a private office to pump my milk, and everyone has been so supportive.

I'd do it even if they weren't. I know what I need to do. Besides, there are laws about it - one that says employers have to let you pump and provide a place that's not a bathroom... the other says a woman has a right to breastfeed in public...

LACTATION ROOM IN USE

Plan for your breastfeeding success!

Ask WIC or your health care provider for your copies of **My Breastfeeding Checklist** – easy tools to help you reach your goals. Plus lots of great resources for support!

Wear it proud! Show people you're doing what's best for your baby. Contact your WIC Peer Counselor to get your buttons.

Know your rights. The License to Breastfeed provides a summary of laws related to breastfeeding in public and at work.

Ancient Practice... Modern Benefits

Breastfeeding. From the beginning of human life on earth, women have sustained their children's first years of life by relying on the perfect nutrition of their breastmilk.

Modern science has learned why breastfeeding is such an important part of the natural human cycle, for both the mother and child – it provides an unsurpassed foundation for physical and emotional health that can be achieved no other way.

Ask WIC, your health care provider, midwife or peer counselor about how to ensure breastfeeding success. Visit the WIC Mother Baby Breastfeeding page for resources, video tips and more.

www.healthvermont.gov/youcandoit

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