



# NMAC Notebook

The newsletter of the Nursing Mothers Advisory Council, Inc.  
Website: [www.nursingmoms.net](http://www.nursingmoms.net)

January – April 2008  
Helpline: 215-572-8044

## Food For Thought

Debi Ferrarello, RN, MS, IBCLC

Of all the myths that surround breastfeeding, rules about what the mother should not eat are some of the most pervasive.

Over the past ten or fifteen years, mothers have frequently been told to avoid broccoli, cabbage and beans, chocolate, citrus fruits, tomato products, garlic, onions, spicy foods, dairy, sushi, coffee, and carbonated beverages. Basically, they have been told that if it tastes good, avoid it!



Let's stop for a moment and consider that breastfeeding is a *global* activity. People breastfeed all over the world and consume a wide variety of foods. For example, people in Mexico, India, and some parts of China do eat spicy foods and nurse their babies. People in Italy would never consider a cuisine free of garlic and tomatoes. Chocolate makes women happy throughout Europe, and coffee is enjoyed by nursing mothers all over the world. Most cultures consume far more fibrous, gas-producing food than we Americans do, and would think it strange to avoid them while nursing.



Cabbage, broccoli, and beans are high-fiber foods. The sugars in those high-fiber foods ferment in the intestines of those who eat them, causing gas to form. However, there are no chunks of broccoli in mothers' milk - no stray beans, no fiber at all. So while the baby may not wish to be in the same room with the mother, it is highly unlikely

that the baby will get gas from the high-fiber food ingested by mom.



Spicy foods, onions, and garlic do flavor mothers' milk. Research has been done on what babies taste and smell at the Monell Institute, right here in Philadelphia! Do you think that flavoring the milk is a bad thing? Perhaps we should feel sorry for the poor formula-fed baby who is deprived of the variety of flavors that his breastfed buddies enjoy! The milk will be flavored by the spices in mom's food, but it will not be hot! No need to offer baby water to drink after mom's chicken curry.

Sushi is a food that needs to be eaten with caution at all times. It is important that the fish is fresh and the food is well-prepared. If the food is safe for mom to eat, then it's safe for mom to breastfeed.



Chocolate is a food frequently on the mothers' avoidance list. However, unless a mother consumes a pound or more chocolate at a sitting, chocolate is perfectly safe. It can do wonders for mom's general attitude toward life (but may slow the gradual, natural weight loss that nursing mothers usually enjoy ☺).

Caffeine is one of the most studied of all drugs. Less than one per cent of the caffeine mother ingests is present in her milk. The American



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NMAC Notebook is designed to protect, support and promote breastfeeding by publishing articles based on current breastfeeding and parenting information. It is published three times a year and is distributed free of charge to breastfeeding families, health professionals, lactation consultants, and other breastfeeding support groups.

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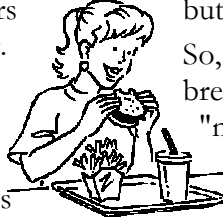
Warwick/Warminster Nursing Mothers

## Food For Thought

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Academy of Pediatrics has classified coffee as "compatible with breastfeeding." Many mothers will agree that this news is worth waking up for.

And what of the often-heard advice that a mother should drink lots of water to increase her milk supply? Nature tends to protect the youngest generation. Generally, a mother needs to be truly dehydrated before her milk supply will be adversely affected by lack of fluid intake. Drinking



more fluids will send her to the bathroom more often, but will not have a direct effect on milk supply.

So, what should mom eat and drink? As breastfeeding is a "normal" activity, she can eat a "normal" diet. Mom should choose good foods that she enjoys, and drink enough that she is not thirsty. This will help her feel her best as she enjoys caring for and feeding her baby!

## Nutrition Notes

### For Moms

- ✓ You do not have to avoid any foods while breastfeeding. Chocolate, spices, cabbage, broccoli, tomato sauce, garlic and onions are all fine. Babies are not bothered by what mother eats.
- ✓ The quality and quantity of your breastmilk are not affected by your diet. However, it is healthier for you (whether breastfeeding or not) to eat a well-balanced diet.
- ✓ You don't need to drink milk to make milk, nor do you need any specific quantity of any fluid. Simply drink to thirst (water is fine).
- ✓ It is safe to lose weight while breastfeeding. You don't need to eat any additional food to produce milk. Liquid diets or restrictive fad diets are never the healthiest choice. But losing one to two pounds per week by reducing your calorie intake while eating a balance of healthy foods is perfectly safe for you and your baby. In fact, many women find they can eat a lot more food while nursing without gaining weight, or that they naturally lose weight without consciously counting calories.

### For Babies

- ✓ Babies do not need water bottles. Water does not "clear out" meconium or reduce jaundice. Even on the hottest days, additional water is not needed. Your breastmilk is all your baby needs (breastmilk is approximately 87% water).
- ✓ Babies do not need solids, juice or other foods before six months. The American Academy of Pediatrics recommends that human milk be a baby's sole source of nutrition for the first six months of life. Cereal and other solids will not help your baby sleep "through the night."
- ✓ Always nurse before giving solids. During the first year, human milk is the primary source of nutrition for your baby. Solids are merely a complement to the breastmilk diet. There is no rush to get your baby on to three meals a day. Many babies do fine on breastmilk alone for the first year.

## **VOLUNTEERS NEEDED!**

If you have breastfed for six months or more and would like to help other nursing mothers get the support and accurate information they need, we want you! We can train you to be a volunteer breastfeeding counselor by way of our 9-week training course.

Want to help but not ready to be a counselor? Your Nursing Mothers group also needs volunteers to handle a variety of administrative tasks.

For more information, please contact your counselor, or call the Helpline at 215-572-8044.

## Better Than Breast Feeding!

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[www.wiessinger.baka.com](http://www.wiessinger.baka.com)

If you are a new mother, you may find that you "Breast Feed" your baby in the early weeks by thinking of your breast as a flesh-covered bottle. You may worry that you can't count the ounces, and wonder if your baby is getting enough. You will find yourself saying, "She can't be hungry again; she just ate!" You may firmly believe that a clock is essential "Breast Feeding" equipment, and if you're like some of us, you'll keep a diary of "Feedings" and time them with a stopwatch!

Gradually, you may find that you can't remember when she last "ate", or for how long, and you won't care. You won't know how often she roused at night, because you just rolled over, offered your breast, and went back to sleep. You'll have no idea how often you put your baby to breast each day. It's simply the easiest way to mother. You're not "Breast Feeding" anymore; you're "mothering your baby at your breast." You're Nursing!

A nursing relationship is a short, irreplaceable time in your life. After the first few weeks of getting to know that little stranger and adjusting to motherhood, you'll realize that you're happier with your baby than without her, and that your need to "get out" is more a need to socialize than to escape your baby. Since she's nursing, she's easy to take along - no extra bottles, no dangling pacifier, no cooler to keep the formula from souring. You'll find she fits easily on



your hip or in a sling, and you'll figure out that she cries much less if she's in your arms.

You may discover that sitting down to nurse helps you "mellow out" on a bad day. That's not just because you're resting. The hormones produced during a nursing session actually help you cope with stress more easily. You'll find the two of you have so many good reasons for nursing - to soothe away a hurt or scare, to gentle her off to sleep, to keep her busy while you're on the phone - that your baby is hardly ever really hungry, and has one less reason to cry.

After a few months, your baby will smile up at you while she nurses, and maybe pat your face. But when she smiles, milk will run out the corner of her mouth, and she'll have to get back to work. Your earliest games together may be at the breast - peek-a-boo with your blouse, or baby-toes-in-your-mouth. One day, you'll look down at her in your arms, sound asleep at your breast, and know that you're offering her one of life's greatest luxuries.

If the two of you nurse long enough, she may even tell you how wonderful it is: "Mommy, your nee-nees are nicer than nobody else's!" or just, "Mmmm good!" Eventually, your little one will move on to other things, but as one new weanling told her mother with satisfaction, "Mommy, your milk will last me forever." "Breast Feeding?" No. Nursing!

## Eating is Not a Race

*"Coach Smith" (Linda J. Smith, BSE, FACCE, IBCLC)*



The notion that baby "gets ALL he needs" in a short time (a) is not necessarily true for all babies, and (b) assumes food is all that is needed. Besides all the research that feedings take longer, I think this "10 minute" stuff is just plain silly.

How many adults get "all they need" during the first ten minutes of eating a meal? And we've had lots more practice than babies. And most of us aren't trying to double our weight in 4 months like babies are. There is a reason for everything in nature (Aristotle) and babies usually know what they're doing even if we don't.

Yet.

I don't understand the big deal about shortening the time it takes to feed babies by promoting rapid eating. Adults who guzzle their food this fast are considered to have an eating disorder.

*Linda J. Smith, BSE, FACCE, IBCLC*

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# Looking For A Children's Book That Shows Breastfeeding?

Compiled by Anne Altshuler, RN, MS, IBCLC

[www.lalecheleague.org](http://www.lalecheleague.org)

Children's books tend to reflect our society's bias towards feeding babies by bottle. Here are some of the better books currently available that show or tell about breastfeeding, arranged in order from those appropriate for the youngest children to those intended for older readers. Look for them in your library or bookstore. Illustrations are by the author where not otherwise indicated. Remember that no book is perfect or will fit every need.

*My New Baby* by Annie Kubler. Child's Play (International) Ltd., 2000. This 14 page, wordless board book shows a toddler helping his family to care for the new baby. Two breastfeeding pictures. (ages 1-2)

*We Have a Baby* by Cathryn Falwell. Clarion Books, 1993. A picture book for the very young child with a new sibling. Just 32 pages long, with only a few words on each page, the book shows a loving family with both parents actively involved in the care of the toddler and the new baby. The mother is shown nursing the baby, her arm around the toddler who is nestled against her and eating milk and a cookie. (ages 1-3)

*We Like to Nurse* by Chia Martin. Illustrated by Shukyo Lin Rainey. Hohm Press, 1995. Fourteen animal pairs are shown nursing in bright, flat pictures with simple text, ending with a human mother and baby. (ages 1-3)

*Breastmilk makes my tummy yummy* by Cecilia Moen. Midsummer Press, Sweden 1999. Simple, rhymed verse accompanies multicultural illustrations of babies and toddlers nursing in various situations: when angry or sad, in the bathtub, when mummy is on the phone, in a family bed, etc. Tandem nursing is also shown: "Two can breastfeed without fuss, there is room for both of us." (ages 2-4)

*Mama, Daddy, Baby and Me* by Lisa Gewing. Illustrated by Donna Larimer. Spirit Press, 1989. Simple, rhymed text and appealing illustrations show a family welcoming a new baby, told from the toddler sibling's point of view. One picture of the mother and baby nursing. (ages 2-4)

*Look What I See! Where can I Be? In the Neighborhood* by Dia L. Michels. Photographs by Michael J. N. Bowles. Platypus Media, LLC, 2001. Clues help children to guess where the baby wakes up as a busy family explores a multicultural urban neighborhood. The baby is carried in a sling, a front pack, a back pack, a

stroller, and a wagon. The last picture shows the mother and baby nursing outdoors on the grounds of the U.S. Capitol. (ages 2-4)

*The World Is Full of Babies!* by Mick Manning and Brita Granström. Delacorte Press, 1996. With humorous, engaging text and bright, attractive illustrations, the authors explain how human and animal babies grow and develop. An East Asian mother is shown nursing her baby. (ages 2-6)

*Supermom* by Mick Manning. Illustrated by Brita Granström. Albert Whitman & Company, 2001. A wide variety of human and animal mothers feed, shelter, talk, play with, protect, cuddle, and nurse their babies to sleep. (ages 3-6)

*Happy Birth Day!* by Robie H. Harris. Illustrated by Michael Emberley. Candlewick Press, 1996. A mother tells her child about her hospital birth and first day of life. Large, beautiful illustrations capture the essence of a newborn baby breastfeeding and falling asleep cuddled up with both parents. (ages 3-8)

*Only the Cat Saw* by Ashley Wolff. Originally published in 1982. Walker and Company, 1996 (softcover). In this colorful picture book the cat sees all the details in a typical 24-hour day in the life of a busy farm family. The mother is shown breastfeeding the baby in a rocking chair at dawn. (ages 3-8)

*Hello Baby!* by Lizzy Rockwell. Crown Publishers, 1999. A young boy describes his mother's pregnancy, his sister's hospital birth, homecoming and first day at home. One nice breastfeeding illustration. (ages 3-6)

*What Baby Needs* by William Sears MD, Martha Sears RN, and Christie Watts Kelly. Little Brown & Company, 2001. The needs of a new baby are described in terms a preschooler can understand and relate to. The baby is carried in a sling and sleeps in the parents' room. The father is very involved in this baby's care. Feelings of the older siblings are recognized as the book models many positive ways

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## Starting Solid Food

*Reprinted from Nursing Mother News*



When your baby is new, a common question is “How often should I breastfeed my baby?” As your baby grows, the question is “When should I start solid food?” The answers are the same.

Let your baby tell you. Just as all babies have different nursing appetites and styles, they also have different times of reaching each developmental stage, including when they are ready for solid food.

Our mothers were told to start cereal at six weeks. Today we know that breastmilk provides all the nutrients your baby needs for the first six to nine months. We also know that early solids stress the baby’s immature intestines, increasing the risk of developing food allergies. By starting solids too early, we replace a superior food with one that is nutritionally inferior. By about 7 months, a baby’s production of antibodies is sufficient to help reduce the likelihood of food allergies. Some babies who are allergy prone actually resist starting solids for self-protection until 8 or 9 months or older.

### **SIGNS OF READINESS**

Watch your baby for signs of readiness rather than the calendar. The signs include:

- The ability to sit up alone
- The fading of the tongue thrust reflex (Baby’s instinct to push foreign objects, including solid foods, out of his mouth)
- Readiness to chew
- The ability to pick up food (like Cheerios) and bring to the mouth
- An increased demand to nurse, over a period of 4-5 days, that is not related to illness, teething, growth spurts, or a change in routine

The American Academy of Pediatrics has stated that human milk should be a baby’s only source of nutrition for the first six months and should continue as the primary source of nutrition for the first year. Until a baby is one year old, he gets 75% of his nutrition from breastfeeding.

### **HOW TO START SOLIDS**

In the first year, solids should only be given immediately after a breastfeeding. This will maintain your milk supply, and your baby will be more interested in trying something new if he is not ravenously hungry.

Start with one feeding a day or every other day at a time when your baby is still hungry after nursing. Start with only a few teaspoons of each new food, increasing the amount gradually each day. Introduce single ingredient foods and allow 4 to 7 days between new foods, watching for any allergic reaction such as runny nose, stuffiness, skin rashes, diaper rash, fussiness, diarrhea, vomiting or constipation.

Stop when your baby has pursed lips, a closed mouth or turns his head away. If baby isn’t interested the first few times, wait a week and try again. Do not introduce new foods when baby is tired, ill, or in a stressful situation.

As your baby becomes accustomed to solids and shows signs of wanting more, you can add a second daily feeding. Remember, though, that most babies do not eat three meals of solids a day until they are at least nine to twelve months old.

### **FIRST FOODS**

Some good first foods include mashed ripe banana, mashed cooked squash, yam, or sweet or white potato, grated or pureed cooked vegetables such as carrots, beans or peas, fruits such as applesauce or mashed ripe peaches or pears, and whole grain cereals. Any of these can be mixed with water or breastmilk to obtain a consistency your baby likes.

When solid foods are introduced at the appropriate time, feeding can be enjoyable and entertaining. The most important thing is to read your baby and trust what he is telling you. Starting solids is just another step in the close, trusting bond you are forging with your baby.

## ... Children's Book That Shows Breastfeeding...

(Continued from Page 4)

for children to interact with a new baby. Includes 2 nice breastfeeding pictures and 1 of bottle feeding mother's milk.

A companion book about pregnancy, *Baby on the Way*, explains the emotional and physical changes that occur when a mother is expecting a new baby.

Includes a nice breastfeeding illustration. (ages 3-6)

*Will There Be a Lap for Me?* by Dorothy Corey.

Illustrated by Nancy Poydar. Albert Whitman & Company, 1992. Preschooler Kyle, from a middle class African-American family, misses his special place on his mother's lap as her pregnancy advances and the new baby arrives. A full-page illustration shows Mom nursing the new baby with Kyle beside her on the sofa. Kyle is sad that the baby needs to eat so often, but Mom makes room on her lap and a special time in her day for him again. (ages 3-8)



*One Round Moon and a Star for Me* by Ingrid Mennen. Illustrated by Niki Daly. Orchard Books, 1994. A new baby girl is lovingly welcomed in rural South Africa. Her older brother is reassured of his place and belonging in the family. Beautiful color illustrations show Mama nursing the new baby. Close father - son relationship. (ages 3-8)

*How You Were Born* by Joanna Cole. Photographs by Margaret Miller. Morrow Junior Books, 1993. A clear and helpful book about conception, fetal development and birth is illustrated with color

photographs of parents and children from many racial backgrounds. (ages 3-11)

*The Best Gifts* by Marsha Forchuk Skrypuch. Illustrated by Halina Below. Fitzhenry & Whiteside, 1998.

Growing up from infancy to adulthood, Sara receives the most important gifts from her parents (including breastfeeding, time, love, and caring) and passes them on to her own baby son. (ages 4-8)

*How Was I Born?* by Lennart Nilsson and Lena Katarina Swanberg. Color photographs by Lennart Nilsson. Delacorte Press, 1994. A Swedish preschooler tells the story of her baby brother's birth.

Three photographs show the new baby nursing just after birth. Additional text explains conception, birth and the growth and development of babies. (ages 4-8)

*Mama's Milk* by Michael Elsohn Ross. Illustrated by Ashley Wolff. Ten Speed Press, 2007. Celebrating the warm and loving bond between mammal mamas and their babies, this beautifully illustrated book shows a variety of mothers (such as cows, monkeys, whales, as well as humans) nursing their babies in a variety of places. (ages 6mos-6)

*I'm Made of Mama's Milk*, by Mary Olsen. Mary Olsen Books, 2003. Photographs and rhymes in this board book describe a toddler's love for nursing, how breastfeeding benefits her, and when, where, and how she nurses. (ages 6mos-3)

## Famous People Who Have Breastfed

[www.breastfeeding.org](http://www.breastfeeding.org) (San Diego County Breastfeeding Coalition)

Princess Grace of Monaco	Faith Hill, singer	Patricia Richardson, actress
Diana, Princess of Wales	Maria Shriver, news correspondent	Carly Simon, singer
Queen Elizabeth (breastfed Prince Charles)	Jane Seymour, actress	Valerie Bertinelli, actress
Anita Baker, singer	Margaret Thatcher, former Prime Minister of Britain	Katie Couric, news anchor
Tipper Gore	Mary Lou Retton, gymnast, Olympic gold medalist	Pamela Anderson Lee (with implants)
Hillary Clinton	Cheryl Swoopes, BB player	Laurie Metcalf, actress
Demi Moore, actress	Joan Rivers, comedienne	Meryl Streep, actress
Joan Lunden, journalist	Mary, Mother of Jesus	Jacqueline Smith, actress
Melissa Gilbert, actress	Christie Brinkley, model	Lucy Lawless, actress
Cybil Shepard, actress (twins)	Kathie Lee Gifford, former talk show host/singer	Michael J. Fox's wife Tracy Pollan, actress
Tom Hanks' wife Rita Wilson, actress	Eleanor Roosevelt	Michael Jordan's Mom breastfed him for 3 years and said, "I feel this is why he is the athlete he is."
Madonna, singer and actress		
Celine Dion, singer		

## Recognizing Your Newborn's Feeding Cues

Mary Catherine Bolton, BS and Cathy Snyder, RN, BSN, IBCLC

For years, women have been told that feeding “on demand” is best for breastfeeding newborns. However, demand feeding implies the mistaken notion that baby needs to cry to be fed. Recent research suggests that parents should be alert for feeding “cues”, which are instinctive behaviors an infant displays before crying.



Babies may cry for many reasons – overtiredness, overstimulation, discomfort, or loneliness, to name a few.

On the other hand, sometimes babies who are very hungry do not cry. Newborns who have jaundice, who are small or born prematurely, or affected by labor medications during birth may be groggy or sleepy. Even a baby who has a calm temperament may not cry very often. A baby in any of these situations may be undernourished if fed only when he cries.

The best approach is to respond to a baby's feeding cues. These behaviors, although more subtle than crying, are distinctive and can be easily recognized by watchful parents or caregivers. Even a very sleepy newborn is likely to display feeding cues during periods of light sleep, and will be easier to wake at such times. The American Academy of Pediatrics recommends, "Newborns should be nursed whenever they show signs of hunger such as increased alertness or activity, mouthing or rooting. Crying is a late indicator of hunger."

Feeding on cue offers many advantages. Mother and child are more in tune with one another, which fosters bonding and trust. Mother respects her infant's individual and changing needs. Baby learns to cry less, making the home more peaceful and parenting more pleasurable. Baby is likely to latch on more easily and nurse more calmly. Mother is more likely to develop a milk supply that matches baby's biological needs and baby is more likely to have his comforting needs met.

Research has shown that cue-based feeding works. In one study, premature babies who were fed on cue were discharged sooner than those fed on a schedule. Since parents had learned feeding cues, these babies were also less likely to have problems with weight gain once home.

These behaviors, although more subtle than crying, are distinctive and can easily be recognized by watchful parents or caregivers. Very sleepy newborns,

who may be difficult to wake for feedings, are likely to display feeding cues during periods of lighter sleep and will be easier to wake at such times.

Feeding cues are one of the many ways in which your newborn communicates with you and attempts to control his environment. When you recognize and respond to his preverbal “voice,” you reinforce his efforts to interact with the world around him. Perhaps even more importantly, you show respect for him as a unique person capable of expressing his needs and entitled to have those needs met.



### Signs That Your Baby Is Ready To Nurse:

- Rooting (baby opens his mouth and bobs or turns his head as if looking for the breast)
- Clenching fists
- Bringing hands to mouth
- Sucking in sleep



### BREASTFEEDING CHECKLIST

Watch for the following signs to be sure that your newborn is getting enough milk:

- ✓ In the first few days of breastfeeding, you feel uterine cramping or notice an increase in vaginal bleeding while nursing. Some moms feel sleepy or thirsty. These are all signs that your milk is “letting down”, or flowing.
- ✓ You feel breast fullness 2-5 days after delivery. This is an indication of an increase in your milk supply.
- ✓ You are feeding your baby on cue, around 8-12 times in 24 hours, and she seems satisfied between most feedings.
- ✓ Your baby nurses as long as she wants on the first breast before you offer the other side.
- ✓ After the first few days, your breasts feel full before feeding and at least one is softer after feeding.
- ✓ Your baby is having several yellow stools each day and 6 or more wet diapers by the 5th day of life.

If you're not seeing these signs, contact your counselor, the NMAC Helpline, a lactation consultant, or your baby's doctor right away.

# Online Breastfeeding Resources

Collected by Suzi Garrett, IBCLC

The Internet can be a fun if somewhat intimidating place to find a world of information. There are literally hundreds of breastfeeding sites, some great, some not so great. The list below contains only a few of the sites I personally recommend.

## Ask Lenore

[www.asklenore.com](http://www.asklenore.com)

A resource for couples who are expanding their families by adoption, surrogacy, or pregnancy with lots of articles on breastfeeding your "intended, premature or adopted baby."

## Breastfeeding Basics

[www.breastfeedingbasics.com](http://www.breastfeedingbasics.com)

Lots of breastfeeding info, plus poetry and jokes about breastfeeding and parenting.

## Breastfeeding.com

[www.breastfeeding.com](http://www.breastfeeding.com)

Wide variety of breastfeeding and parenting articles, funny stories from moms, and comics on the subject of breastfeeding. The site also contains the Breastfeeding Answer Center, a national directory of Lactation Consultants, and online shopping for breastfeeding and baby products.

## Breastfeeding.org

[www.breastfeeding.org](http://www.breastfeeding.org)

Articles for parents and professionals including a great "Fun Facts" section.

## Kellymom

[www.kellymom.com](http://www.kellymom.com)

Impressive collection of articles on any breastfeeding or parenting topic you could imagine, including lots of dad-related info.

## La Leché League International

[www.lalecheleague.org](http://www.lalecheleague.org)

Answers to commonly asked breastfeeding questions, links to local LLL Leaders/Groups, and online ordering from the Center for Breastfeeding Information and the LLLI Catalog.

## Medela (a breastpump company)

[www.medela.com](http://www.medela.com)

Information on a variety of issues from positioning to pumping that affect moms and babies.

## Militant Breastfeeding Cult

[www.militantbreastfeedingcult.com](http://www.militantbreastfeedingcult.com)

Fun and informative, includes a quiz to see if you are a proud member of the "Militant Breastfeeding Cult", "Thank you cards" to be given to moms that you see nursing in public, breastfeeding games and puzzles.

## Nursing Mothers Advisory Council

[www.nursingmoms.net](http://www.nursingmoms.net)

NMAC's website with breastfeeding articles and chapter meeting information.

## Parenting Web

[www.parentingweb.com](http://www.parentingweb.com)

Excellent articles by Canadian pediatrician Jack Newman, MD, FRCPC on subjects ranging from breastfeeding basics to breastfeeding politics.

## Parents Place

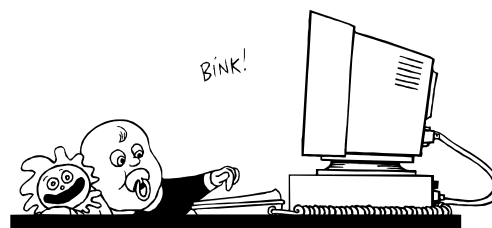
[www.parenting.ivillage.com](http://www.parenting.ivillage.com)

Information and support on every aspect of breastfeeding, including breastfeeding related messageboards and daily chats. The site also covers everything from conception, pregnancy and birth, to parenting school-age kids.

## Promotion of Mother's Milk, Inc. (ProMoM)

[www.promom.org](http://www.promom.org)

Articles and fun stuff about breastfeeding including their "101 Reasons to Breastfeed". Included are the "3-Minute Activist" which gives readers prewritten letters to send to praise or criticize the media for its portrayals of breastfeeding; and the "Gallery" which includes fine art, photos and clip art (a lot of the breastfeeding clipart in the *NMAC Notebook* comes from this site).



## Did You Know . . .

*Infant growth tables commonly referred to by healthcare professionals are based upon data from a mostly formula-fed population. Breastfed babies generally gain weight faster than formula-fed babies for the first three months, then at a slower rate for the remainder of the first year. By age two, these differences become insignificant.*

## Questions From The Helpline

**Q:** My two-month-old baby refuses to drink from a bottle and I have to go back to work next week. I'm worried that she will starve!

**A:** Sucking from a bottle is a learned process just like breastfeeding. It feels, tastes and looks different, and of course, it's not Mom. Some babies accept bottles very easily and will eat no matter if the food comes from a bottle or the breast. Other babies are more particular about what they like, and they just don't take to bottles at first. It doesn't matter if they were given a bottle in the first week or the first month. It's important to remember that babies who are smart enough to be particular are too smart to let themselves starve!

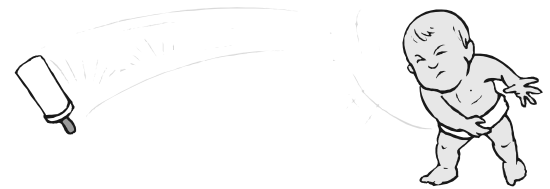
All babies are different and choosing whether or not to take a bottle is up to them. Some babies will prefer to change their feeding patterns rather than their feeding method. Mothers should plan to leave time in their schedules to nurse more frequently when they are with their babies.

There are many other ways to feed babies who refuse to drink from a bottle. Medicine droppers, small spoons, and cups have been used for centuries. Ask your counselor or a lactation consultant for information about using these alternate feeding methods.

### TIPS FOR THE RELUCTANT BOTTLE TAKER

Some breastfed infants initially reject any attempts to feed by bottle. With patience and understanding, this initial reluctance usually gives way over time. Here are some suggestions to help you teach your baby to take a bottle. While it would be impossible to do all of these things at once, if one idea doesn't work with your baby, another may. Remember that you can also feed your baby with a cup, spoon or eyedropper.

- ✓ Wait until your baby is latching on easily and your breasts and nipples are comfortable before starting bottles (or other artificial nipples), if possible. Plan to introduce the bottle about two weeks before you return to work or are separated from your baby for an extended period of time. This will give you time to work out any problems that may occur.
- ✓ Let someone else introduce the bottle. Your baby may not take a bottle from you because she can smell your milk and wants only the breast. She may be more willing to take the bottle from a caregiver other than her mother. It may be necessary for you to leave the room or even the house.
- ✓ Offer the bottle before the baby is too hungry.
- ✓ Wrap the baby in a piece of Mom's clothing while offering the bottle.
- ✓ Experiment with different types of nipples.
- ✓ Run warm water over the nipple to bring it to body temperature.
- ✓ Rock, walk or sway with the baby while offering the bottle.
- ✓ Have the caregiver hold the baby in a position other than the traditional "cradle hold" when offering the bottle, such as having the baby facing outward or propping her against the caregiver's outstretched legs.
- ✓ Hold the bottle in an armpit and draw your baby close as though breastfeeding.



**NOTE:** If one of these tips doesn't work with your baby, the next suggestion may be the one that will. Don't give up, most babies take a bottle eventually.

### *Did You Know...*

#### *Formula Is Expensive*

*(#49 of "101 Reasons To Breastfeed", [www.promom.org](http://www.promom.org))*

*It presently costs upward of \$1,200 dollars per year to formula feed an infant in the United States. If you factor in the added medical cost you are statistically likely to incur, that brings the cost up to around \$2,500 per year. If your baby happens to require a hypo-allergenic formula, you will have to pay considerably more.*

# NMAC Notebook

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- ♥ **Give your time.** Volunteers are always needed to help us run meetings and activities for mothers, produce and distribute newsletters, and raise needed funds. Or, if you have nursed a baby for more than six months, consider becoming a counselor – training classes are offered each Spring and Fall.
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