Breastfeeding Your Older Baby or Toddler

Toddlers breastfeed for comfort, in addition to nutrition. Breastfeeding can work wonders when baby is hurt, sad, upset (nursing is a great tantrum-tamer), or sick. Toddlers may also use breastfeeding as a quick way of “checking in” and reconnecting with mom throughout the day.

Sometimes your toddler may go through phases of increased night nursing. Common reasons for increased night breastfeeding in toddlers include teething, decreased breastfeeding during the day because of distraction, developmental advances and reconnecting with mom.

It is typical for a toddler to breastfeed more often when away from home for a few days, or when there are other big changes in the typical day-to-day routine. To a toddler, breastfeeding is warmth, comfort, reassurance... it’s their “home away from home” that they tend to retreat to when things are unfamiliar or uncertain. Once you are back at home and settled in (or once your child has adjusted to the change, regardless of what it was), the increased breastfeeding tends to fall by the wayside.

It’s really normal for the breastfeeding sessions to get shorter as baby gets older – this doesn’t necessarily mean that baby is getting ready to wean. As baby gets older, she can get milk more efficiently (by this time your baby is an expert nurser) so she doesn’t need as much time to get the same amount. A typical toddler nursing session may last only a couple of minutes – just enough time to take a sip and reconnect with mom for a moment before running off to do toddler things.

Naptime, nighttime, and waking up nursing sessions usually last longer, since baby is usually sleepy and not as intent on jumping into the middle of things.

Read more @ http://kellymom.com/bf/normal/toddlernursing/

Breastfeeding Mothers' Tea

Thursday May 5th
10:00am-Noon
2400 Clermont Center Dr
Second floor, Room 202

Join us for refreshments and prizes, including a chance for 1 of 5 Boba Wraps!

For more information, visit the event page:
https://www.facebook.com/events/1721477664765998/

The third annual Miracle Milk Stroll is May 14th! Raising awareness of the lifesaving power of human milk in the NICU.

For more information on the Cincinnati Stroll visit:
https://www.facebook.com/events/968255656592646/
Exercise and Breastfeeding

By Kelly Bonyata, IBCLC

http://kellymom.com/bf/can-i-breastfeed/lifestyle/mom-exercise/

Moderate exercise improves a mother’s health and has a positive effect on her emotional well-being. Some of the benefits include:

- Higher level of cardiovascular fitness
- Improved blood lipid profiles and insulin response
- A feeling of well-being from improved energy and reduced stress levels
- Enhanced maternal-infant relationship
- Alleviation of depression symptoms in those with major depressive disorders

Research has shown that moderate exercise does not affect milk supply, milk composition, or baby’s growth.

Does exercise affect milk supply or nutrient content?
No. Studies have shown no difference in milk production or nutrient composition or babies’ weight gain. One study showed a slight increase in milk supply for the women who exercised regularly, but because of the small size of the study this increase may not be significant.

Will baby refuse the breast after mom exercises?
Most studies have found no difference in acceptance of the breast, even after maximum intensity exercise.

If baby seems to object to the taste of mom’s milk after strenuous exercise, keep in mind that it might have nothing to do with the exercise – baby might be distracted or objecting to the salty taste of sweat on your breast, etc. If this happens consistently, mom might try expressing a little milk (3-5 mL from each breast) before nursing baby, postponing feeding for a half hour to let the lactic acid levels subside, and/or decreasing workout intensity a bit in the future.

Exercise guidelines for breastfeeding mothers
- For your own comfort, you may wish to nurse before exercising and wear a good, supportive bra (especially during strenuous exercises such as running, jumping, etc).
- Some babies don’t like nursing when mom has been sweating (due to the salt on mom’s skin) so you may wish to rinse your breasts or take a shower before nursing.
- If you regularly lift weights or do other exercises involving repetitive arm movement and you develop plugged ducts, cut back and start again more slowly.
- Keep yourself hydrated.

Family fun meets mud, obstacles, and color! Join us on May 7th for an event the whole family can enjoy! You can choose between a two mile challenge course, a two mile relay course, or a FREE one mile family fun course.

Details: https://www.facebook.com/events/1534061986896475/
Registration: www.bit.ly/ESAdvChallenge

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