



# Breastfeeding Newsletter

FEBRUARY 20, 2014

VOLUME 3, NUMBER 1

## **Natural Nurses-** a Breastfeeding Support Group:

1<sup>st</sup> Monday of every  
month at 10:00 a.m.

4<sup>th</sup> Wednesday of  
every month at 5:00  
p.m.

## **The Importance of Support**

By Leah Diffey, Breastfeeding Peer Counselor

I recently spoke with a mom who was feeling discouraged about breastfeeding but by the end of our conversation she sounded strengthened and more confident. She stated, "One of the most important parts of keeping with breastfeeding is the support from other moms and family members." I could not agree more! Moms can find support in a variety of different people and places. It doesn't have to be an expert or a specialized group; a listening ear can make all the difference in the world. The journey a breastfeeding mom takes may bring her to places of doubt, insecurity, and questioning along with pride, joy, and love. An encouraging word from a friend or even a stranger may make all the difference to a mom. Support is such an essential key to successful breastfeeding and moms can find friendship and strength several different ways.

## **Support from People in the Community**

Family members, friends, coworkers and neighbors all play important roles in the support of breastfeeding moms and their babies. By supporting these moms, you are making your community a healthier place. The CDC, AAP, and WIC all recognize that breastfeeding is the healthiest way to feed a baby. There are many ways to help a breastfeeding mom feel more assured and secure in her decision to give her baby the best nutrition possible:

- Provide practical help by getting groceries, cooking meals or helping to clean the house.
- Take care of big brothers and sisters.
- Care for the baby in ways other than feeding (bathe or change diapers).
- Be a supportive listener and boost mom's confidence in breastfeeding.
  
- Coworkers can make it easier when mom must return to work by being supportive of necessary break times for pumping.

## **Online Support**

Historically, mothers got breastfeeding support from their own mothers, sisters and grandmothers. In our fragmented society, that's not necessarily true anymore. Sometimes, women have to build their own support systems. When moms need to find support outside of their immediate communities they may find it on the internet. There are groups and forums that feature discussions between moms who have or are currently breastfeeding. Sometimes there are just the right words that can help a mom through a particularly tough time and perspectives from around the globe may be refreshing and provide insight. It often helps to share stories with other women who are or who have gone through very similar situations, both positive and negative. The following groups may be helpful:

[www.forums.lli.org](http://www.forums.lli.org)

[www.facebook.com/groups/kellymamas/](http://www.facebook.com/groups/kellymamas/)

[www.facebook.com/BreastMilkMatters](http://www.facebook.com/BreastMilkMatters)

## **Support Groups**

The best place to find support for breastfeeding is at your local Support Group meeting! Pike County Health Department, Home Health and Hospice provides meetings twice a month at the agency. This support group is called *Natural Nurers* and it's goal is to help mothers breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. We want to provide a welcoming and informative place for women to come and get the support and information they need to succeed in reaching their personal breastfeeding goals.

The support group is open to anyone in the Pike County area who is pregnant or breastfeeding. Breastfed children are welcome, as well as other family members who desire to learn more about breastfeeding and how they can support the breastfeeding women in their lives. The group offers snacks, discussion, and free information about breastfeeding in a supportive environment, and meets the first Monday at 10:00 a.m. and the fourth Wednesday of every month at 5:00pm in the agency's conference room.

Anyone with questions about the support group is encouraged to call Leah Diffey at (573) 324-6373.

**Advice from other moms should never replace the advice from medical experts. If you have questions or concerns about your health or your baby's well-being you should always contact your physician or a lactation consultant.**

**Pike County Health Department, Home Health & Hospice, 1 Health Care Place, Bowling Green, MO 63334. Phone: (573) 324-6373, Fax: (573) 324-3057.**

**This institution is an equal opportunity provider.**