Getting support in person and on-line

Holiday Travel Tips

Benefits of Baby Wearing

Medications

Missed Feedings & Supplementation

Resources

And more

In this newsletter you'll find:

- Getting support in person and on-line
- Holiday Travel Tips
- Benefits of Baby Wearing
- Medications
- Missed Feedings & Supplementation
- Resources
- And more

Happy Holidays from TLC, WIC, and FWCBTF!

Can you breastfeed while you're sick? Yes!

You'll actually pass on cold and flu fighting antibodies through your milk to your baby.

Bottom line: Your little one is less likely to get sick.

Breastfeeding is one of the best ways to keep your baby healthy during the holiday season!

**GETTING SUPPORT THAT IS RIGHT FOR YOU**

There are lots of ways to get support for feeding your baby.

Peer Counselors from WIC are great to talk to and available by phone or in person.

- Local groups have partnered and offer a weekly virtual group Thursday night 7 pm via Zoom. Email: FLWCBreastfeeding@gmail.com for the link
- Local Facebook groups: Citrus Breast Friends, Hernando Breast Friends, Pasco Breast Friends
- Use respected social media pages like La Leche League, Breastfeeding USA, Tampa Bay Breastfeeding Task Force, Florida West Coast Breastfeeding Task Force

**HOLIDAY TRAVEL TIPS BY CAR**

- Long road trips require frequent stops (every 2-3 hours to nurse). Allow for that time in your travel plans. It is unsafe and illegal to breastfeed baby in a moving vehicle.
- Fresh human milk can be transported and kept cool with ice packs for 24 hours then stored in a refrigerator at your destination for 3 to 4 days.
- Human milk is still considered frozen if it contains ice crystals.

**DID YOU KNOW?**

- There are laws to protect the breastfeeding mother in all 50 states!
Benefits of Baby Wearing

- Breastfed babies are portable.
- Holiday tasks are easier to complete.
- Prevent over stimulation and germs by avoiding passing baby between family and friends.
- Baby wearing is helpful during holiday shopping and preparation.

Medications

Contact the Infant Risk Center to ensure ANY medication is safe for baby while breastfeeding:
806-352-2519

Questions about Cocktails and Breastfeeding?
https://tinyurl.com/BF-alcohol-CDC

New Year's Resolutions and Dieting

- Restricting your calories and food intake or excessive exercise can result in a decreased supply.
- Breastfeeding women need at least 1,500 to 1,800 calories per day.
- If you wish to lose a few pounds, it is recommended to aim for a steady loss of 1-1.5 pounds per week through a balanced diet and moderate exercise.
- If you notice a decrease in your supply, try to nurse more frequently and stay hydrated.

Don’t forget: WIC can help you with making healthy eating goals, breastfeeding, and offers you food benefits.

FOR LOCAL SUPPORT CALL

Citrus County Infant Feeding
352-513-6060
Para español marque dos

Hernando County Infant Feeding
352-540-6924

Pasco County Infant Feeding
813-364-5818

The Lactation Club meeting have been put on hold to support social distancing. We look forward to meeting with you again when the situation allows.

Resources

- La Leche League
- Office of Women’s Health
- Florida Department of Highway Safety and Motor Vehicles
- https://www.zipmilk.org/states/florida
- https://www.postpartum.net/
- Citruscountyhealth.org
- Global Health Media Breastfeeding Videos
- Healthy Start Coalition