



# Surgeon General's Call to Action: Breastfeeding



2011 is a year that has seen an abundance of support proclaimed for breastfeeding. One of the ways this came to pass was through a document released from Regina Benjamin MD, MBA, US Public Health Service, Surgeon General. Her statements on breastfeeding lend support to moms and likewise encourages health-care to step up to this challenge as well.

She states "For nearly all infants, breastfeeding is the best source of infant nutrition and immunologic protection, and it provides

health benefits to mothers as well. Babies who are breastfed are less likely to become obese. Many mothers in the US want to breastfeed and most try. Yet within only three months after giving birth, more than two-thirds of breastfeeding mothers have already begun using formula. By six months, more than half of mothers have given up on breastfeeding, and mothers who breastfeed one-year olds or toddlers are a rarity in our society."

In 2010 there was the release of the HHS Blueprint for Action on Breastfeeding. This is a national action plan for encouraging breastfeeding. It's hope is to join the health care system,

researchers, employers, and communities to protect, promote, and support breastfeeding. She states this *Call to Action* is an effort to spell out "responsibilities of others...so that all mothers can obtain the information, help, and support they deserve when they breastfeed their infants."

She closes her foreword by expressing her confidence that this Call to Action will aid others to improve the support which is given to moms in the US. To read more of this document go to [www.surgeongeneral.gov](http://www.surgeongeneral.gov). Found under reports and publication's tab.

## AREA SUPPORT GROUPS

Many moms find they feel supported best from others who have shared similar experiences. Really there is no better way when talking about breastfeeding.

We are blessed in this area with an abundance of support. Currently there are two different

groups meeting for nursing and one for baby wearing as well.

WIC/FTMC hold a support group weekly Tuesdays at 11am. The first week of each month it is held at WIC, 185 Shady Lane. The other weeks it is held at FTMC on the fourth floor Lactation

Room, off OB waiting area.

LLL has a meeting at Sheri's Coffee House, Whittlesey Ave. 6:30pm usually the 2nd Monday of month.

For details on either group, feel free to contact June at 419-668-6855.

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## Common breastfeeding myths continued series

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This is a continuation from the last two newsletters from WIC News on common breastfeeding complaints.

Babies need to nurse only five to ten minutes.

:: Perhaps this may be true of older babies, taking in most of their milk in the first five to ten minutes. However, this is not true of all babies. For example, newborns, who are just learning to nurse and are not used to sucking, often need much more time. Much also has to do with the mother's let-down re-

sponse. Not all mothers let down the same. Some let down their milk in small batches several times during the feeding process. So it is better, not to guess, let baby suck until he shows signs of satisfaction like, detaching himself from the breasts and relaxing his hands and arms.

Too much nursing can lead to poor milk production and cause a mother to wean.

Fact: A good milk supply is obtained when baby is allowed to nurse as often as baby deems necessary. The milk-

ejection reflex works best when there is a good supply of milk. Which occurs when feeding on baby's demand. *LLL1.org*



**Feed baby on demand**

## C

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Sometime during the course of nursing as baby becomes more aware of his/her surroundings, distraction comes to be a problem. A usual time for this to happen is around four months of age.

One way to handle this is to nurse in a quiet room away from noise and others. This can help baby to focus on the work at hand and let mom relax too. How long this lasts

and how big of a problem it will be is very individual depending on baby's personality and disposition.

It is good to remember this like many other stages will pass by quickly. By remaining calm and seeking to find a positive way to work with baby is best. For more information look to [The Womanly Art of Breastfeeding](#) LLLI. From which source this information was taken.



## B

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Durante las ultimas tres decadas, los ninos de sobrepeso se ha mas que triplicado. Esto se debe a muchos cambios, en la comuidad, en la conducta y la crinza de los chicos. Empezando, con los padres que tienen que trabajar mas y tienen menos tiempo para cocinar, en casa obligando la familia de comer mas comida rapida. Ademas, no hay ejemplares consistente que seguir

porque los cuidan mas de una persona. Tambien pasan mas tiempo frente al television, jugando videojuegos, y navegando por la internet, y sierviendo mas porciones de comida. Y finalmente, las escuelas dedican menos tiempo a la educacion fisica.

Ninos activos  
Ser Padres



## Keeping the peace between siblings

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A Mother's response—

I find that when we are going through a phase in our house where some or all seem to be bickering with each other, I look at how I am acting and feeling. It seems most of the time the behavior is reflection of my attitude. Oftentimes, when my children are acting this way I am usually stressed or rushing around or overtired, and a cloud seems to come over the house.

Our first reaction as parents may be to yell at the bickering children.

However, we have found what works best is if I don't yell at all. Instead, I try to play happily with everyone and keep an upbeat, positive attitude. This seems to rub off on everyone and everyone is more caring, loving and fun to be around! Also, showing your children how to be kind and respectful of each other. You can also teach them fun ways to play and interact. Some of the problem may be that, because of their age difference, they want to play different ways. Show them things they can enjoy together. *From La Leche League*



## Time's Legacy

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Mama, mummy, mum, called endlessly days and nights and days of work and love, and how do we illustrate all that work, all that love, all the time?

Referencing the same source. Singing out the same songs. Patterning out teaching what we've been taught, living what we have learnt, echoing your melody. Refracting and refining all your work, all your love, all the time.

So what do we show? What are our echoes? Sound us out. Reverberating out from all that work all that love all the time, find strength, certainty, love, kindness, joy, patterns built up from the womb. The echo of you in all we do, all we strive for, all we believe. A legacy of love passed from parent to child, tumbling through time. All the time.

Samantha Cairns



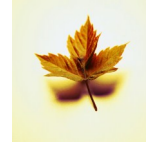
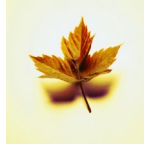
## Hummus Dip

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- 1 16-oz can of chickpeas or garbanzo beans
  - 1/4 cup liquid from can of chickpeas
  - 3-5 Tbs. lemon juice (depending on taste)
  - 1 1/2 TBS tahini
  - 2 cloves garlic, crushed
  - 1/2 tsp. salt
  - 2 Tbs. olive oil
  - 1 cup spinach (optional)
- Mix and serve!



# Community Resources



- *Family Information Network* : (419) 254-4645
- *Erie County Help Me Grow & Family Support* : (419) 621-3962
- *Huron County Help Me Grow*: (419) 663-4769
- *Ohio State Extension Offices*:
  - Erie Co.* (419) 627-7631
  - Huron Co.* (419) 668-8219
- *Drop in & Play: Sandusky* (419) 602-0150
  - Vermilion* (440) 967-0761
  - Norwalk* (419)681-0062
- *Parent Mentor, Erie Co.:* (419) 684-5385
- *Arc of Erie County:* (419) 625-9677
- *La Leche League of Erie Co.:* (419) 433-6352 or (419) 626-9141

