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"When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is."

Early Days of Breastfeeding; Will My Baby Know What to Do?

Submitted by Kristen Bricko, RDN, LD, CLS, Sherburne County WIC Coordinator
In honor for World Breastfeeding Week August 1-7, 2022

There's no greater feeling than holding your new baby for the first time. The anticipation of their arrival, and now they are here – and you are a parent, ready to love, nurture, and nurse your baby. It is so easy to get overwhelmed and fearful that we will have no idea what our babies need. Society today can heavily influence the new mom, suggesting baby will be helpless and that she will need a team of experts to tell her what to do, but just as our newborns have natural born instincts – moms have innate wisdom, too. There is one specific reflex baby has that is just remarkable, the breast crawl. Many babies, when placed skin-to-skin on moms' tummy or chest after birth, instinctively crawl to the nipple. Baby's guided by the primal attraction to her own mother's unique milk scent; it's a powerful mammalian response! That's why one of the most beneficial practices, immediately following birth, is skin-to-skin contact.

When mom and baby are together, hormones that regulate lactation balance out, aiding in breastfeeding and milk production! The first drops of milk are invaluable, a thick yellow substance called colostrum, though small in quantity, will adequately nourish and hydrate your baby. It is rich in nutrients and immunities – it is all your baby needs, and often referred to as 'liquid gold'! It is high in protein, vitamins, minerals, and immunoglobulins (antibodies) that help build your baby's immune system. Baby only needs a small amount of colostrum the first couple of days, their tummies are so tiny (size of a marble), that 1 teaspoon or so per feeding is what's expected. The small amount also helps them learn how to suck, swallow and breath during feeding.

Colostrum will be the first milk from birth to between days 2-4. Then transitional milk, approximately four days after birth and lasts about two weeks. Mature milk you can expect about 2 weeks after birth until you are done producing milk. Learning how to breastfeed, both for mom and baby will be a new experience, it takes time and practice. Baby will nurse often, each time is an opportunity to get more comfortable, examine latch, and find the position that is most comfortable for you and baby. To learn more about latch and positioning view [Your Guide to Breastfeeding](#).

Additional Breastfeeding Resources can be found at:

**<https://firststepscentralmn.org/resources> and MN WIC:
<https://www.health.state.mn.us/people/wic/index.html>**

Tips for mom:

- Cuddle with your baby skin-to-skin right away after giving birth.
- Breastfeed as soon as possible after giving birth.
- Keep baby, skin-to-skin in between nurse sessions, and breastfeed often.
- Ask for an IBCLC or lactation specialist to help you.
- Ask the hospital staff not to give your baby pacifiers, sugar water, or formula, unless it is medical necessary.
- Let your baby stay in your hospital room all day and night so you can breastfeed often.
- Try to avoid giving your baby any pacifiers or artificial nipples until he or she is skilled at latching onto your breast (usually around 3-4 weeks old).

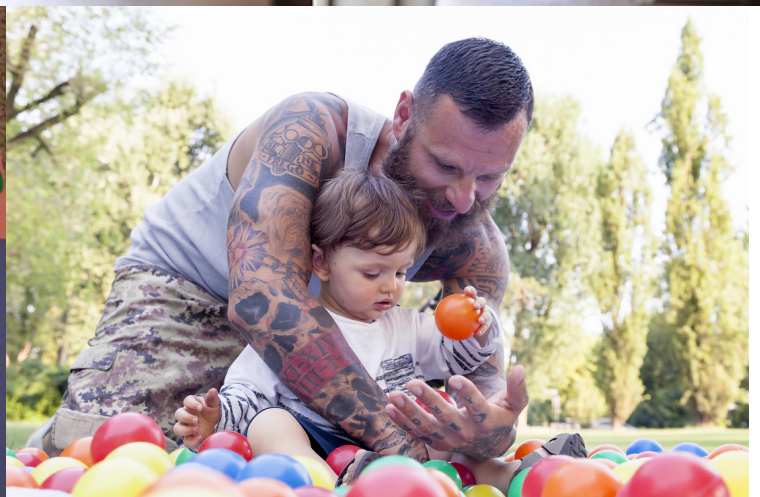
A little detail about milk supply:

Frequent nursing helps to build milk supply, and in the early days, helps your milk transition in! Milk supply is established during those early weeks of breastfeeding and is a supply and demand process. When baby nurses, it is a signal to your body to produce more milk for the next feeding. All that time and effort put into breastfeeding those first few days prepares your body to make lots of milk during your breastfeeding journey!

Crafts & Activities

August days to celebrate with your child:

- 1st-7th: World Breastfeeding Week- Learn more this year's theme "Step up for Breastfeeding-Educate and Support" at: <https://worldbreastfeedingweek.org>
- 2nd: National Night Out- get out in your community to meet your neighbors and local law enforcement
- 3rd: National Watermelon Day-enjoy eating this yummy treat or make some watermelon crafts: <https://tinyurl.com/4dafyf8n>
- 6th: National Clown Day- talk about different feelings and emotions then make clown faces out of construction paper to match: <https://tinyurl.com/489jdhjb>
- 7th: Friendship Day-call, visit, or mail a card to a friend you haven't seen in awhile. Make this butterfly craft into a card to send: <https://tinyurl.com/yc6yypjh>
- 16th: National Tell a Joke Day-make silly faces at one another in a mirror together.
 - Did you know? While babies typically say their first words between 9-12 months, they begin laughing much earlier, around 3 months. Peekaboo and tickling are two games that babies all around the world find funny. Learn more at: <https://tinyurl.com/2p8badya>
- 31st: National Eat Outside Day-pack up your lunch and have a picnic at a local park. Bring some toys and enjoy the fresh air even longer.



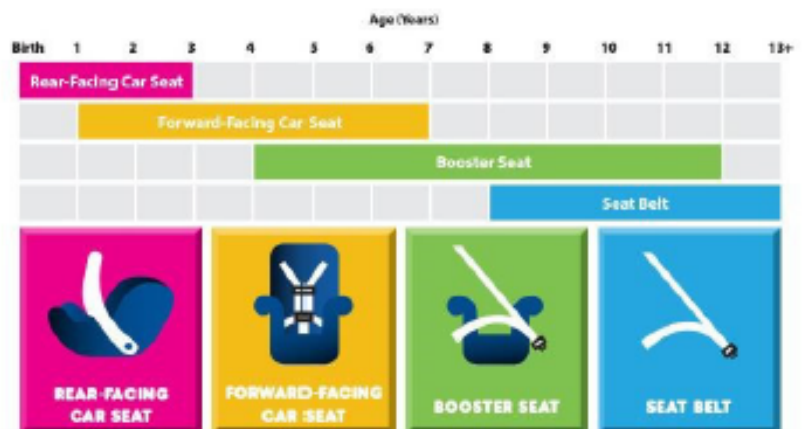
2022 CAR SEAT CHECK UP EVENTS

To schedule an appointment— CALL (320) 251-7393

| APPOINTMENTS AVAILABLE FROM 3:00 – 6:00 PM LOCATION: SARTELL POLICE DEPT, 501 PINECONE ROAD S, SARTELL | | |
|---|----------------|----------------|
| MAY 18 | JUNE 15 | JULY 13 |
| AUG 10 | | |

THINGS TO KNOW BEFORE YOU CALL FOR AN APPOINTMENT:

- Plan ahead! If you are expecting, we recommend calling when you are 6 -7 months pregnant.
- Seat checks are available for all stages—infant seats to booster seats
- If you get a voicemail please leave your name, phone number and number of car seats you would like checked. Someone will call you back to schedule an appointment time.
- Plan 30 minutes for EACH car seat in EACH vehicle
- Before your check, you need to install your car seat at home (read the car seat manual and vehicle manual for assistance)
- Car seats will be evaluated for correct fit in the vehicle, child size and for any recalls
- This is not a distribution site - you must bring your own car seat



Car seat checks & education are provided to you by the: **ST. CLOUD AREA CHILD PASSENGER SAFETY COLLABORATIVE**

Agencies below offer car seat checks by appointment for their residents only

BENTON COUNTY HUMAN SERVICES (Public Health Unit) 320-968-5087
 SARTELL POLICE DEPARTMENT 320-251-8186
 WAITE PARK POLICE DEPARTMENT (Alicia Mages) 320-251-7393

Agencies below offer car seat education only

MILESTONES (Jessica Baker) 320-251-5081
 ST CLOUD HOSPITAL WOMEN & CHILDREN'S CENTER
 STEARNS COUNTY HUMAN SERVICES (Jodi Eickhoff) 320-656-6100
 SHERBURNE COUNTY HEALTH & HUMAN SERVICES 763-765-4000 or 1-800-433-5239



Recycle your car seats at the Household Hazardous Waste Facility

3601 5th St S
 Waite Park



NEED HELP PURCHASING A CAR SEAT? AREA CAR SEAT DISTRIBUTION PROGRAMS:

Benton County Public Health: 320-968-5087
 Sherburne County Health & Human Services: 763-765-4000 or 1-800-433-5239
 Wright County Public Health: 763-682-7516
 Milestones: 320-251-5081

Going to the store? Prevent Heatstroke in Hot Cars



Never leave your child alone in a car, not even during a quick trip to the store.



Keep car doors and trunks locked and keep key fobs out of reach, so kids can't climb into cars on their own.



Create reminders. Place your phone, briefcase or purse in the backseat when traveling with a child.



Take action. If you see a child alone in a car, call 911

