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Breastfeeding Kentucky

Kentucky Celebrates Breastfeeding Awareness Month

BREASTFEEDING: A VITAL EMERGENCY RESPONSE. ARE YOU READY?

August is Breastfeeding Awareness Month in Kentucky, and the World Alliance for Breastfeeding Action (WABA) has declared August 1-7 as World Breastfeeding Week.

This year's theme is "Breastfeeding: A Vital Emergency Response". Breastfeeding is the most important way to protect infants from health concerns during emergency situations. Emergencies often bring disruption in safe and sanitary water, limitations in transportation and can often be a breeding ground for disease.

As many of us learned during the ice storm last winter, an emergency can happen to anyone at anytime and children are often the most vulnerable during emergency situations. While some formula feeding mothers were worried about warming bottles, buying needed formula, and access to clean water, one nursing mother stated, "All I had to do was snuggle with my infant and feed her without worry of contamination, heat, or supply". What a

wonderful gift breastfeeding was for that mother and baby during the crisis.

We need to remember, emergencies come in many forms. Earlier this summer, the federal government warned Americans to be ready for an aggressive return of the H1N1 virus this fall. The Health and Human Services Department has remade its website, www.flu.gov, to be a resource for everyone, including parents and doctors to get the most up to date information and recommendations regarding the H1N1 virus. The CDC recommendations state: "Infants who are not breastfeeding are more vulnerable to infection and hospitalization for severe respiratory illness than infants who are breastfeeding."

It is also important to note that according to the CDC, a woman ill with confirmed or suspected H1N1 virus may continue to breastfeed. The recommendations also state a facemask is preferred, if available and tolerable, or a tissue may be used to cover cough/sneeze. In addition, the CDC information states women can continue to breastfeed while receiving antiviral medications. If the mother or infant is too ill to breastfeed directly, she should be encouraged to express breast milk for bottle feeding. The CDC has released a document for parents: "Novel H1N1 (Swine Flu) and Feeding Your Baby: What Parents Should

Know". Please visit www.cdc.gov/h1n1flu/infantfeeding.htm to view this document.

Emergency preparedness is vital and supporting breastfeeding in non-emergency situations will increase a mothers' ability to cope should a disaster strike. The American Academy of Pediatrics (www.aap.org) and the Emergency Nutrition Network (www.enonline.net) provide detailed guidance on appropriate infant feeding in an emergency. La Leche League has also compiled helpful information for breastfeeding mothers who experience natural disaster or other emergencies and for the care providers who support them (www.llli.org/emergency.html).

References:

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NEWSLETTER OF
THE KENTUCKY
STATE
BREASTFEEDING
COALITION



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“Breastfeeding Friends” Blog

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When I had my first child in 2002, there was no doubt in my mind that I would breastfeed. I had no problems whatsoever until I went back to work 8 weeks after she was born.

Initially, my employer was very accommodating to my need to pump on my breaks. Even though finding a place to do so and using a manual pump was tedious, I managed to give my baby only breast milk. This went well for a couple of weeks until my employer gradually became noncompliant, and my little manual pump just wasn't up to par. I reluctantly started to occasionally supplement with formula. Occasionally soon turned into rather frequently. Eventually my milk supply was so low that my breastfed-baby became a bottle-fed-baby. I was devastated and felt like I had failed my daughter. Had the WIC Breastfeeding Peer Counseling Program been in existence then, I am positive that I would have been able to continue breastfeeding.

That experience caused me to become a mom on a mission! My mission is to help moms and

babies work through barriers put in place by society and other factors that might prevent them from having a successful breastfeeding experience.

One outlet that I chose to relay information was by starting a breast feeding blog. The idea had come about after stumbling across other blogs, including a blog of some fellow peer counselors. I struggled with it at first, but eventually figured it out. I started by telling my friends, coworkers, and the moms in the program. Eventually word got around. I have had several contributors to my blog that appreciate very much.

The blog seems to work well with the younger moms and stay-at-home moms. I have found that a mom that doesn't have the time or desire to sit down with a book will be more prone to check something out on the computer. I still consider my Breast Feeding Friends Blog a work-in-progress. My goal is to gain even more contributors to the blog and form a community of other breast feeding bloggers from within the Peer Counseling program. You can visit the blog at www.breastfeedingfriends.blogspot.com.

Kentucky State Fair August 20-30



Once again the Louisville Metro Health Department and Baptist Hospital East have teamed up to sponsor the “Rock and Relax” Room at the Kentucky State Fair!

This service provides mothers with a private place to feed, change and rock their babies while raising awareness of the health benefits of breastfeeding.

“Rock and Relax” will be located in South Wing B as part of “Kids Biz”.