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THE BIG, BAD THREESOME: BREASTFEEDING SABOTEURS


If you are a newly nursing mom or expecting there are a few common pitfalls that can derail the breastfeeding mommy. It still amazes me that for whatever reason, these "pitfalls" are not taken seriously – they have the potential to cause major problems with breastfeeding.



#1 – The Pacifier: Yes, the binky. It is not that we are crazed, anti-binky women, but a pacifier can cause nipple confusion for a newborn and lessen a mother's milk supply (2 major reasons a mother gives up breastfeeding). If a child is looking to suck, resist the urge to pop a binky in his mouth even if he just finished nursing 15 minutes ago! If a child is sucking on a binky, than he is not drawing the milk from your breast. If he is not draining the milk from your breast, than your body will not be triggered to make more milk. Breasts **MUST** be nursed frequently and at the demand of the infant to make adequate milk for your child. Giving them a pacifier can also delay a feeding and make them more frantic at the breast and more likely to put their tongue to the roof of their mouth, which can cause some serious nipple pain!




#2 – The Clock: Ditch the clock and watch the baby instead. Decades ago, it was thought that a mother had to allow her



breast to "refill." We now know that this is completely false. How much milk a woman makes is directly related to how much she nurses her baby. This is also why so called "wet nurses" of centuries past were able to nurse not only their own child, but also the one she carried for. So breastfeed on demand and ditch the binky – you will have plentiful milk for your precious baby.

#3 Painful Nipples: The realities are that breastfeeding often makes your nipples mildly sore INITIALLY. Persistent pain after the first 2 weeks however or extreme pain, is a sign of dry, cracked skin and possibly incorrect latch, yeast infections and possibly mastitis. A way to help curb nipple pain caused by dry, cracked skin is the use of excellent ointment like Earth Mama Angel Baby's Nipple Butter (I HIGHLY recommend this over Lansinoh as do most Midwives and Doulas). Using such ointment after EVERY feeding (and ideally 2 weeks before your due date) will help make your nipples more supple and less prone to cracks. A baby with an incorrect latch can be diagnosed by a La Leche Leader or IBCLC. You can also call on a seasoned, breastfeeding peer like myself (Kate Conway) and we can usually figure out what is causing your pain and help you fix it. If you are in pain, please contact me at 508-415-1295 or one of the resources listed on MyMammasMilk.com



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BREASTFEEDING A CHILD MAY PROTECT WOMEN FROM METABOLIC SYNDROME, A CONDITION LINKED TO DIABETES AND HEART DISEASE IN WOMEN

OAKLAND, Calif., Dec. 3 /PRNewswire/ -- Breastfeeding a child may lower a woman's risk of developing Metabolic Syndrome, a condition linked to heart disease and diabetes in women, according to a Kaiser Permanente study that was published today online ahead of print and will appear in the February issue of *Diabetes*, a journal of the American Diabetes Association. The protective association was even stronger for women who had gestational diabetes during pregnancy, according to the study's lead author, Erica Gunderson, PhD, an epidemiologist and research scientist at Kaiser Permanente's Division of Research in Oakland, Calif.

Breastfeeding a child lowers risk by 39 to 56 percent (depending on the duration of breastfeeding) for women without gestational diabetes, and 44 to 86 percent (depending on the duration of breastfeeding) for women with gestational diabetes, researchers said. Investigators looked at durations that included 0-1 month of lactation up to greater than 9 months of lactation.

"The findings indicate that breastfeeding a child may have lasting favorable effects on a woman's risk factors for later developing diabetes or heart disease," she said, explaining that the benefits don't appear to be due to differences in weight gain, physical activity, or other health behaviors. However, in this study, less belly fat and higher levels of good cholesterol (HDL-C) were characteristic of women who did not develop Metabolic Syndrome, Gunderson said.

GOT EXTRA FROZEN BREASTMILK? BAKE WITH IT!

Vanilla Breast Milk Cupcakes with Strawberry Frosting

- 1 1/2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 cup butter
- 3/4 cup sugar
- 2 eggs
- 1/2 cup breast milk
- 1/2 cup plain yogurt
- 1/2 tsp vanilla



Strawberry Buttercream Frosting

- 1/4 cup butter, softened
- 3 strawberries, hulled and chopped up
- 1 1/4 cups icing sugar
- 1/8 cup breastmilk
- 1/8 cup half-and-half
- 1 tsp vanilla

Directions:

Preheat the oven to 350 degrees. Line 18 muffin cups with liners. Set aside.

In a medium bowl, stir together the flour, baking soda, and baking powder until well mixed.

In a large bowl with an electric mixer on medium-high speed, cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time. With the mixer on low speed, beat the flour mixture alternately with the yogurt and breast milk. Beat in the vanilla. Pour the batter into the muffin cups.

Bake the cupcakes until golden on top and a toothpick inserted in the center of each comes out clean, about 15 minutes. Transfer the pan to a rack to cool completely.

Meanwhile, prepare the frosting. Cream the butter until it is pale and fluffy. Add the strawberries: beat for 30 seconds. Then add the icing sugar, 1/2 cup at a time until well blended. Add the breast milk and cream, alternately by spoonfuls, beating until blended. Add the vanilla and beat until well incorporated.

Spread the frosting on the cooled cupcakes and place a piece of strawberry on the top of each.