



AUGUST 2016

Wellness Nutrition Fun FaCts

Celebrate National Breastfeeding Week August 1-7th

GROWTH SPURTS

Just when you're finally getting the hang of a somewhat reasonable breastfeeding schedule, your newborn suddenly changes course and begins eating every hour. And even when baby is done, they still act hungry, making you wonder if your baby's getting enough milk. Relax they are not starving. They just hit their first baby growth spurt.

Although growth spurts can happen anytime during the first year, your baby will most likely have his initial spurt between one and three weeks and another between six and eight weeks. After that, you can expect more at three months, six months, and nine months. The good news, a baby's growth spurts usually last only a couple days, so your baby should get back to normal soon.

Here's how to recognize your little sprout's spurt:

- ⇒ **Your baby wants to eat nonstop**
- ⇒ **Your baby will be up more often at night**
- ⇒ **Your baby will be crankier than usual**



How to deal with baby growth spurts:

Make sure you're drinking plenty of water to stay hydrated, recruit help from your partner or a friend to do dishes & other household chores, and settle in for the long haul.

Whatever you do, don't give up on breastfeeding now.

When your baby seems hungrier and crankier than normal, you may worry that he's not getting enough to eat and think about abandoning breastfeeding altogether. But those temporary round-the-clock feedings are actually your baby's way of boosting your milk supply to keep pace with his oh-so-healthy appetite.

If you're really concerned, keep an eye on two things: diapers and weight gain. If he's packing on ounces and soaking five or six diapers a day, he's doing just fine.



breastfeeding blurb



Hand Expression vs. Breast pumps

Which method is best for expressing milk for my baby?

Baby is a better milk mover than a pump, but there are times a breastfeeding mom will need to express her milk. There is no pump or breast shield that is right for every situation. (A breast-shield is the part of the collection kit that fits directly over the areola and nipple during milk expression with a breast-pump. It is important the shield size fits properly for optimal breast emptying and avoiding nipple discomfort.)

There are several options for pumping breastmilk: hand expression, manual pumps, and electric pumps.

Hand Expression: Increases milk volume. Mothers who hand expressed on Days 1-3, then continued to hand express actually collected larger volumes of milk with higher fat content! Plus -this can be done without any pump, breast shield, tubing or electricity! You just need a private area, a pan/basin & your hands!

Manual pumps: Best for infrequent pumping. No electricity needed! This is a great option to manage occasional fullness or separation.

Electric pumps: Convenient and efficient. If you will be pumping several times a day, an electric breast-pump may be the way to go. Just like all women don't wear a size 7 shoe, there isn't a universal size breast either! If pumping, an appropriate-sized breast shield is crucial. Talk to your WIC staff to make sure you have the best pumping option!

Southwestern Salad

Ingredients:

½ Cup Chopped Onions
1 pd. Ground beef
1 Tbsp. Chili powder
2 Tsp. Dry oregano
½ Tsp. Ground cumin
1 Cup Canned kidney beans drained
1-15 oz. Can chickpeas, drained
1 medium tomato
2 Cups Lettuce
½ Cup Cheddar

Directions:

Cook Ground beef and onions in a large skillet until the beef no longer remains pink. Drain. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute. Add beans, chickpeas, and tomatoes. Mix gently to combine. Combine lettuce and cheese in large serving bowl. Portion lettuce and cheese onto 4 plates. Add 1 cup of beef & onion mixture on top of lettuce and cheese.



COOK'S

CORNER