



OCTOBER 2016

# Wellness Nutrition Fun FaCts

## Sudden infant death syndrome awareness

### Safe sleep guidelines:

- Babies sleep safest on their backs. Always lay baby face up for sleep. Research has shown that a baby is NOT more likely to choke when on its back.
- Baby should sleep alone in a safe crib.
- Room-sharing is advised, but bed-sharing is not. Baby should never share any sleep surface with an adult, a child, or a pet.
- Sleep surfaces matter – firm surfaces are safest.
- Soft objects and loose bedding should be kept out of crib (No bumper pads, pillows, blankets, toys, etc.)
- Every sleep time counts – naps and night time.
- Keep baby away from secondhand smoke – there is no safe level of secondhand smoke exposure.
- Offer a pacifier at naptime and bedtime as baby is falling asleep.
- Dress baby in light sleep clothing to prevent overheating. If home is cool, use a sleep-sack rather than a loose blanket.
- Baby should never be put to sleep on his or her tummy or side. However, as baby gets older and rolls over in sleep from back to tummy, it is not necessary to change his or her position.
- Products that claim to help prevent SIDS are unproven and can be dangerous. Don't buy or use them.



For more information go to <http://forbabysakesd.org/>

# breastfeeding blurb

## Going Back To Work



Returning to work after having a baby is always difficult, but breastfeeding mothers have even more to consider when preparing for this task. Here are some tips to help nursing moms have a smoother return to work:

-Speak to your employer early on, ideally early in the pregnancy, and let him/her know you intend to pump when you return to work.

-Ease back in to full-time, by working a shorter week or shorter days.

-Practice pumping for a couple of weeks before going back to work. Practice does make it easier (and more efficient!). Don't get discouraged if you are getting less than you expected. Utilize hand expression along with a reliable double pump. This increases not only the amount of breastmilk pumped, but also the calorie content.

-Build up a 2-3 day supply of milk. Knowing you have milk on hand will boost your confidence and a buffer supply will help you through the first few days as you establish your pumping routine.

-Talk to a breastfeeding expert (like your WIC nurse/dietitian) about how and when to introduce a bottle to your baby before you return to work. Some babies will do well; others may need a little more support. Breastfeeding doesn't have to stop just because a bottle becomes necessary!

-Remain positive. Look at pictures of your baby while you pump. Focus on your baby during pumping sessions, not the pump. Some women have found guided imagery helpful (for instance: visualizing an ocean or a waterfall and imagining it turning into milk).



## EASY MANGO SALSA

**Servings:** 4

### Ingredients:

**1 mango (peeled and chopped)**  
**1/4 cup chopped green bell pepper**  
**1 green onion, chopped**  
**1 lime, juiced (1-2 Tablespoons)**



### Preparation:

**Peel and chop the mango, be sure to remove the seed. Cut the pepper and onion into small pieces. Mix all the ingredients together.**