



Healthy Beginnings

Volume XIX - Issue 1 - Fall 2017



1000 Cornelia Street, 2nd Floor
Utica, New York 13502
Phone (315) 732.4657
Toll-free 1.877.267.6193
www.newfamily.org

Your View: Why We Love the Breastfeeding Cafés

Did you know that about 80% of all US women start breastfeeding, but only about 40% of those women reach their own breastfeeding goals? Breastfeeding Cafés are here to help! These cafés offer an opportunity for pregnant women and new moms to support each other, chat about common experiences, and if needed - get clinical breastfeeding support from trained professionals. A free, light meal is served, and a baby weigh station is available. The weigh station is a great way to track your baby's weight, before and after breastfeeding, so you know how much breastmilk your baby consumed. Café events take place in churches, libraries, and other community based locations. To get an idea of just how well these cafés are working for moms, we reached out to those who attend the cafés. Here's what a few had to say:

◆ "...The support we received at the breastfeeding café helped us overcome a latching issue, and we nursed successfully for over two years. I totally give all credit to the lactation consultants and their support and patience. Also, the support from other moms helped me to deal with cluster feedings!" -*Sarah*

◆ "The café was such a great source of support to me on my journey. Being able to weigh my little one weekly gave me confidence that he was growing as he should. And I loved having the café as a space I could feel safe myself and know my baby was safe. Add on to that meeting other moms who had or were experiencing the same ups-and-downs as I was as a first time mom – it was invaluable. I also truly appreciated having CLCs, IBCLCs, Peer Counselors and other experts on hand. While I went for their expertise and guidance it was their kindness and comradery that stayed with me." -*Lilly*

◆ "The breastfeeding café has taught me more about breastfeeding than any class. In addition to the fundamental positioning, at the café, I have learned how to nurse in public with confidence. I've learned more benefits of breast milk for my babies with every passing year at the café. I wouldn't have had my success without going." -*Amanda*

◆ "...When I returned to work, I decided to continue exclusively pumping because I knew the importance of breastmilk for my son. Without the support from the café, I know I would have quit a long time ago. My goal is to pump for at least a year. My son may not be eating straight from the breast, but I'm still able to provide breastmilk benefits through a bottle." -*Tanya*

Interested in attending a café to experience it for yourself? Check out the following website to find café locations near you!

mvbreastfeedingnetwork.com/locations



April Owens

Executive Director
Ext. 225

Theresa Gorgas

Director of Finance and
Administration
Ext. 227

Diane Schnier

Perinatal Coordinator
Ext. 222

Megan Capuana

Perinatal Associate
Ext. 228

Lynne Gates

Health Insurance
Programs Coordinator
Ext. 224

Cheryl Perkins

Health Benefits
Specialist
Ext. 244

Filomena Facciolo

Health Benefits
Navigator
Ext. 242

Gerda Mortelette

Small Business
Specialist
Ext. 243

Darlene Mack-Brown

Program Support
Specialist
Ext. 221

**The mission of
the Mohawk
Valley Perinatal
Network is to
improve birth
outcomes and
maternal, child
and family health**

Obesity and Pregnancy—What's the Risk?

While most of us know that it's best to maintain a healthy weight for our own health, did you know that obesity can affect the health of a baby if a woman were to become pregnant? It can cause the baby to grow bigger than normal (which can make labor longer and harder). It can also increase the risk of going into labor too soon, birth defects, and miscarriage. For mom, it can lead to gestational diabetes (diabetes that is diagnosed for the first time during pregnancy), preeclampsia (a high blood pressure disorder related to pregnancy), and sleep apnea (pauses in breathing during the night for 20 seconds or more).

Despite these risks, there are many things you can do to have a healthy pregnancy while obese:

Before and during pregnancy....

Get regular prenatal care.

- Attend all prenatal care appointments.
- Know your family's health history.
- Keep a record of questions you have and bring to appointments.
- With the help of your doctor, manage medical conditions.
- Avoid smoking, drinking alcohol, and using drugs.

Eat a balanced, nutrient-rich diet.

- Get an extra 300 calories per day starting in your second trimester.
- Talk to your doctor about taking a prenatal vitamin with folic acid.
- Avoid: raw meat, deli meat, fish with mercury, smoked seafood, raw shellfish, raw eggs, soft cheese, unpasteurized milk, caffeine, alcohol, and unwashed vegetables.
- Check out the Choose My Plate website which includes a section for pregnant and breastfeeding women—choosemyplate.gov/moms-pregnancy-breastfeeding



Get regular exercise as recommended by your provider.

- Walking: an easy and safe way to introduce exercise.
- Kegels: a pelvic exercise to help make the birthing process easier.
- Swimming: a full body, low impact workout that strengthens the heart and won't likely cause overheating.

Reduce stress when possible.

- Know your triggers: Pay attention and avoid what stresses you out, and find out what helps you calm down.
- Get rest: Poor sleep habits can lead to increased negative emotions.
- Try meditation: This can help clear your mind and lower stress levels. There are many guided meditation apps and YouTube videos to try.
- Seek help: Many providers are trained to treat pregnant women with anxiety and depression.

While being obese during pregnancy comes with some health risks, taking an active role in managing your health and staying connected with your doctor will help you to have a healthy pregnancy. For more information about obesity and pregnancy, go to: acog.org/Patients/FAQs/Obesity-and-Pregnancy.

Looking for a prenatal care provider?

Dial 211 to find doctors in your area!

Source: American Congress of Obstetricians and Gynecologists

Alcohol and Breastfeeding

After avoiding alcohol all throughout your pregnancy, it may be tempting to have a glass or two once you come home from the hospital, but if you're breastfeeding, there are a few important things you need to know. Alcohol passes through breastmilk, which can have an impact on your baby. As long as you have alcohol in your blood, your milk will also have alcohol. For this reason, it's important to avoid alcohol while breastfeeding.

Do you know how alcohol affects...

- ⇒ **Breastmilk?** Studies have shown that babies actually drink 20% less milk after mom had an alcoholic drink than when mom had a non-alcoholic drink. Continuous use of alcohol can also reduce milk production (despite the myth that a beer increases milk supply) or change the taste of your milk, which some babies may not like.
- ⇒ **Infant Sleep?** If mom drinks (even lightly) throughout pregnancy and breastfeeding, the quality of the baby's sleep is reduced, and they sleep for shorter periods of time.

Continued on Page 3...

Fall into fun with your little one!

⇒ **Infant Development?** The longer a baby is exposed to alcohol, the more risk they have for gross motor skill problems like crawling and swimming.

In today's society, it's not always easy to avoid alcohol completely. If you're breastfeeding and a special occasion is coming up, keep these things in mind:

- It is better to have a drink right after nursing or pumping, rather than before.
- After drinking an alcoholic beverage, "pumping and dumping" is not necessary as long as you wait at least 2 hours before feeding your baby (or 2 hours before pumping breastmilk to feed your baby).
- If there's an occasion coming up where you know you will want a drink (or if you want to be prepared for a spontaneous, unexpected celebration), pump some extra "alcohol-free" milk after a feeding to save for later use! Breastmilk lasts up to 5 days in the refrigerator and up to a year in the freezer if stored properly.
- If you think you may have an alcohol addiction, you're not alone. Help is available. Contact the Center for Family Life and Recovery at (315) 733-1709.



The leaves are changing and the weather is getting cool and cozy. There's no doubt that fall is here. If you're one of the many people who say this is your favorite season, you're in luck. From *todaysparents.com*, here are five fun activities for you and your family to enjoy in the autumn weather:

- **Jump into a pile of leaves:** All this free activity requires is raking! Simply rake the leaves in your yard into a pile and jump in with your toddler! This is a wonderful way to get outside and enjoy the fall air before the snow hits.
- **Visit a farm:** A farm in the fall is much more than meets the eye. Many farms have fall festivals that include apple picking, apple cider, pumpkin patches, a corn maze, hayrides, and sometimes, a petting zoo. With so many activities, your little ones will be busy all day long!
- **Get comfy and read:** As the days get colder, staying inside becomes more necessary. Don't let staying in get you down; cuddle up with your child, get some blankets, hot chocolate, and a book for a comfy day in.
- **Nature walk:** With the leaves turning all kinds of beautiful, warm colors, taking a walk in nature has never been a better idea. Talk with your child about the colors, sounds, and smells of fall.
- **Fall crafts:** There are so many crafts you can do with your kids this time of year. A quick google search or look on Pinterest can help you come up with thousands of ideas that will be fun for parents and kids alike. Or check your local library—many plan fun fall crafts for kids.



For the full list of fall activities, visit:

todaysparent.com/family/activities/family-fall-activities/#gallery/50-must-do-family-fall-activities/45

Sources: MOD, NIH, healthychildren.org



We'd like to hear from you!
 Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 1000 Cornelia Street, 2nd Floor, Utica, NY 13502; Fax: 732-5640; Email: mcapuana@newfamily.org

Community Health Worker Services

Community Health Workers help women of child bearing age improve their health, as well as the health of their family. They are an outreach and home visiting program serving Oneida & Herkimer county residents. If you need help getting health insurance, nutrition information, food stamps, finding a doctor (etc.), call them today!

(315) 801-5011 (315) 801-5013
 (315) 801-5012 (315) 801-5014

New York State of Health Open Enrollment 2018

Do you need health insurance? The New York State of Health open enrollment period is from November 1st to January 31st. Need coverage for the first of the year? Be sure to set up an appointment before December 15th with our Health Insurance Navigators at (315) 732-4657.

Enrollment in the Essential Plan, Medicaid and Child Health Plus is Open all year.

For more information about NY State of Health, visit:
<https://nystateofhealth.ny.gov/>

Breastfeeding Cafés

A place for pregnant and breastfeeding families to gather for breastfeeding support.

Utica: Lady of Lourdes Church, 2222 Genesee St. Utica, NY
 1st, 2nd and 3rd Wednesdays of the month: 12:00-2:00 pm
 4th Wednesday with LLL: 5:30-7:30 pm
 Utica Public Library (Children's Room), 303 Genesee St. Utica, NY
 2nd and 4th Fridays of the month: 12:00-2:00 pm
Rome: Trinity Church, 214 W Court St, Rome, NY
 4th Wednesday of the month: 12:00-2:00 pm

Oneida: 607 Seneca Street, Oneida, NY
 1st and 3rd Fridays of the month: 1:00-4:00 pm

Herkimer County: Ilion Free Library, 78 West St. Ilion, NY
 1st and 3rd Tuesdays of the month: 12:00-2:00 pm

Visit mvsbreastfeedingnetwork.com/locations for more information

The Baby Weigh Station at the Oneida County Health Department

- ⇒ Get answers to your questions from a Certified Lactation Counselor
- ⇒ Check your baby's weight

We want to work with you to solve problems and build confidence so you can breastfeed as long as you would like!

Call for an appointment.
 Oneida County Health Department
 406 Elizabeth Street, Utica New York
798-5906 or 798-5747



Pregnant?

Protect yourself and your baby.

Get early prenatal care!

Prenatal Care - Medicaid Prenatal Services Program

Early and regular check-ups are important to you and your baby's health.

Medicaid Prenatal Services Program offers complete pregnancy care and other health care services to women and teens who live in New York State.

And there's no cost to eligible women who participate in Medicaid Prenatal Services!

Call MVPN at 732-4657 or toll free at 1-877-267-6193 for more information.