

MHA NEWSLETTER

BREASTFEEDING AND STRESS

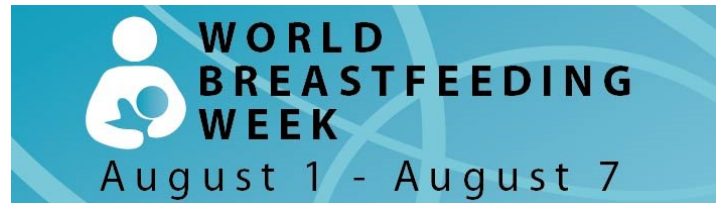
The message is out there that breastfeeding is important and has lifelong benefits for mom and baby. The mutual, and sometimes less discussed reality is that learning how to breastfeed can be very stressful for new mothers. At the same time, stress can also create breastfeeding problems, like causing the milk supply to diminish. So it is important for new mothers to take care of themselves, be aware when stress is affecting their health, and take steps to feel better! Breastfeeding, when done with the proper support and mindset should decrease your stress and increase your bonding with your baby, not add to your stress.

Whether this is a first child or a fourth, a mother's life is changes with a new baby and it is not uncommon to find that every day stresses have doubled. Working moms have the added stress of trying to find time and space to pump at work. Acknowledging these stressors and knowing how to handle them will increase your success with breastfeeding and lower your stress level, leading to improved milk supply, and decreased likeliness of getting sick.

Tips for Dealing with Stress

- Eat right. You and your baby will both benefit from a healthy, varied menu. Try to fuel up with fruits, vegetables, proteins, and whole grains.
- Sleep. Lack of sleep increases stress and lowers your immunity to illnesses. If you can't get seven to nine hours of sleep every night, you should try to sleep when the baby sleeps.

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DID YOU KNOW THAT CORTLAND COUNTY HAS ITS OWN BREASTFEEDING PARTNERSHIP?

The Cortland County Breastfeeding Partnership was formed in 2014 in response to the 2013-2017 Prevention Agenda. One of the goals chosen from the Prevention Agenda was to increase exclusive breastfeeding for infants to at least 6 months of age.

One of the ways to support and assist mothers in longer duration of breastfeeding is to make our community friendlier and more supportive to breastfeeding families. According to the American Academy of Pediatrics, the lack of support for breastfeeding is one of the obstacles to its success.

Breastfeeding mothers need all the support they can get. We have heard more than once, "If I only had one person that supported me, I would have breastfed." Our aim is to be that support and to get others in our community to do the same.

The Cortland County Breastfeeding Partnership works with agencies and community members on issues such as these:

- what helps a mother be successful at exclusively breastfeeding
- what barriers are faced by a woman who breastfeeds exclusively for six months
- what would promote breastfeeding in the community
- where do pregnant women learn about breastfeeding

For more information or to join the Cortland County Breastfeeding Partnership please write or call:

Cortland County Breastfeeding Partnership
60 Central Ave.
Cortland, NY 13045
(607) 753-5028





App(s) of the Month:

Baby Nursing - Moms with newborns all wish they had a 24/7 personal assistant to help them organize. Baby Nursing app is IT! Baby Nursing helps to organize, record and make setting a pattern for your baby's schedule easier!

iPhone: <http://apple.co/2aUvrYL> Android: <http://bit.ly/2auFoht>



Breastfeeding & Stress continues

- Unwind. Find a way to unwind that works for you. Take a bubble bath, try deep breathing, yoga, meditation, or take a few minutes to sit and listen to soothing music, or read a book.
- Get moving. Physical activity relieves tense muscles and improves your mood due to the increased endorphins your body creates before and after you exercise. If you are a new mother, ask your doctor when it is okay to start exercising.
- Talk to friends. Friends can be good listeners. Finding someone who will let you talk freely about your problems and feelings without judging you or adding to your own stress can do a world of good. It also helps to hear a different point of view. Friends will remind you that you are not alone.
- Set limits. Figure out what you can really do. Think ahead about how you are going to spend your time. Write a to-do list. Figure out which tasks are the most important. There are only so many hours in the day. Set limits with yourself and others. Do not be afraid to say no to requests for your time and energy.
- Do not deal with stress in unhealthy ways. This includes drinking alcohol, using drugs, smoking, or over-eating, especially unhealthy foods, all of which passes through the breast milk and can harm your baby. Ultimately, instead of relieving stress, these unhealthy habits create more.
- Get help from a professional if you need it. A therapist can help you work through stress and find better ways to deal with problems. There also are medications that can help ease symptoms of depression and anxiety and help promote sleep if your doctor prescribes.

Breastfeeding provides the foundation for lifelong health and wellbeing. Children and mothers who do not breastfeed are at greater risk for many conditions including acute & chronic illness for children, and breast and ovarian cancer for mothers.

[World Breastfeeding Week - Fact #3]. (n.d.). Retrieved August 8, 2016, from <http://worldbreastfeedingweek.org/images/wbw2016-theme2-f3.png>

Know when you're reaching your limits and need help. If you are finding your stress levels are not manageable on your own, seek support from your doctor, nurse, WIC, or a public health nurse. Cortland County has many resources to help both pregnant and new moms with breastfeeding, stress, referrals and much more. Call **(607) 753-5028** for assistance.

YOUR BODY, CHOICES, AND SUPPORT

Unwittingly, the author of the opinion post "My Body, My Choice" paraphrased the mission of the La Leche League: "Every woman who wants to breastfeed should be able to do so, with full medical, legal and social support."

Many mothers come to La Leche League meetings with some variation on the same story. They wanted to breastfeed their child, but circumstances including incomplete medical care, family pressure to stop, or a return to work with inadequate accommodation or flexibility led to a failure to reach their personal goal.

Did these mothers choose to stop breastfeeding or did an incomplete system of support fail them?

The mission of La Leche League is "to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother." It does so through peer-to-peer, parent-to-parent support. Like the second-wave feminists who would come on the heels of LLL's founding in 1956, mothers found that support for each other and the ability to collectively problem-solve were pivotal to reaching their breastfeeding goals.

La Leche League continues this model today in peer-to-peer groups where parents can find information and support for feeding at the breast, feeding breast milk with a bottle, combination feeding of formula and breast milk, and feeding formula at the breast through various nursing systems.

20,000 deaths due to breast cancer could be averted if mothers breastfed optimally.

[World Breastfeeding Week - Fact #5]. (n.d.). Retrieved August 8, 2016, from <http://worldbreastfeedingweek.org/images/wbw2016-theme2-f5.png>



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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To learn more about the Cortland MHA visit:
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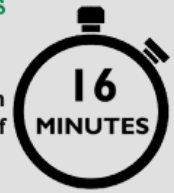
BREASTFEEDING IN PUBLIC - OUT AND ABOUT

An exclusively breastfed baby will need to nurse every couple of hours, especially in the early months. Some babies may nurse more often. If you feel confident and comfortable with your location and the surrounding people, don't hesitate to breastfeed your baby.

Wherever the destination, it will prove helpful to evaluate your surroundings upon arrival. At a shopping center, for example, be on the lookout for accessible spots to nurse before your baby is hungry. Many stores designate rooms for breastfeeding mothers, but remember that a hungry baby will not be a patient baby! Having a few areas in mind instead of searching for that "perfect" spot with a cranky baby will be easier on you both. In restaurants, request a seat that is out of the way of high traffic areas ~ the less you have to move your chair to accommodate passersby, the better. Beware of the common suggestion to use a public toilet facility while breastfeeding. Adults and bottle-fed babies aren't expected to eat in a toilet facility; the same should hold true for breastfed babies.

BREASTFEEDING FACTS

A breastfeed can last an average of



BREASTFEEDING FACTS

56
SECONDS

Average time the milk of a mom will start to flow

Some women are more concerned about nursing in front of family members and friends than in front of strangers ~ that's because criticism and questions from people we don't know are usually easier to ignore. If you're criticized for breastfeeding during a family gathering, there are ways to diffuse the situation. Remember that some people may just not be aware of the exquisite benefits of human milk. It's also possible that

your dedication to breastfeeding makes them defensive or feel criticized for their own parenting choices. As explained in a New Beginnings article by Marianne Vakiener, five tactful ways to respond to criticism involve:

- Ignore: walking away or changing the subject;
- Inform: sharing books, articles, or a medical professional's thoughts on breastfeeding according to baby's needs;
- Humor: making a joke about the situation or yourself, not the other person;
- Acknowledge: recognizing the person's viewpoint and asking further questions without agreeing or responding to criticism;
- Empathize: being empathetic to demonstrate that you understand the other person's feeling and meaning.

Employing one of these tactics may work for you in difficult situations when the value of breastfeeding is questioned.

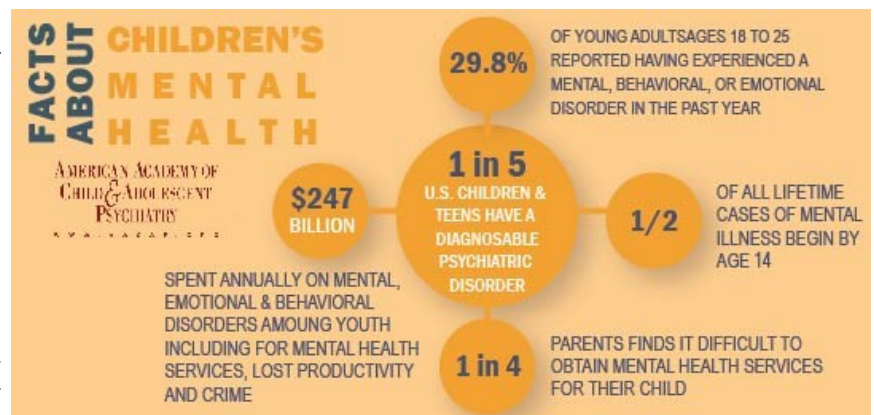
Trocola, M. G. (2005, December 1). Breastfeeding in Public. Retrieved August 8, 2016, from <http://www.llli.org/nb/nbnovdec05p238.html>

FAMILY COUNSELING SERVICES (FCS) SCHOOL BASED CLINICS

August is a time when those of us with school-aged children start buying the back to school clothes and supplies and thinking about how to get prepared for the coming school year. Back to school time is also a busy one for Family Counseling Services. FCS school-based counseling services are available in all school buildings of Cortland County Schools: Cincinnatus, DeRuyter, Cortland, Homer, Marathon, McGraw, as well as the Cortland Alternative High School. Professional counselors from FCS provide services right at the schools, making it easy for students to benefit from individualized mental health counseling without leaving the school building.

Students can be referred to the program by their parents, guardians, social workers, guidance counselors, principals and others. In addition to the direct services provided to students, the counselors meet with parents or guardians at the start of services and at least once a month thereafter.

Having counseling clinics in schools is one way to add to the crucial work our schools are already doing. If you would like more information about the school-based counseling program and other services, please call Family Counseling Services at (607) 749-0013.



[Facts About Children's Mental Health]. (n.d.). Retrieved August 8, 2016, from <https://drgceovich.files.wordpress.com/2013/05/bjwfsbacmaae7n-jpg-large.jpeg>

Addressee

Questions, comments, or feed-back on the MHA Newsletter?
We appreciate your thoughts!

EMAIL OPTION:

If you'd like to receive the MHA Newsletter electronically in
color as a PDF, please send your full name and email to:
erin@sevenvalleyshealth.org

Community Events & Support

Cortland LGBT Men's Group

Monthly group for LGBT men and their allies at
Cortland LGBT Resource Center, 73 Main Street.
Contact 607-756-8970 for more information.

Parents & Change Support Group

This support group is for parents and caregivers of
children, teens and adults with mental health conditions.
Meetings are from 6:00pm to 7:30pm at 90 Central
Avenue in Cortland. For more info please contact
Becky Tripp at parentsandchange@yahoo.com

2016 Meetings:

Sep 12	Oct 10	Nov 14	Dec 12
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Gambling?

www.YOUTHDecideNY.org

Giving teens the power to decide?

Know **ALL** of
the Facts
before **YOU**
decide!



NYCPG

New York Council on Problem Gambling

Caregivers Support Group

****Updated****

Meets every 4th Thursday at 12:30pm at the County Office
Building, Dining Room Room. For more information on
the group or other caregiver resources including access to
respite care in Cortland County, contact the Area Agency on
Aging at (607) 753-5060.



If you have an upcoming community event or article you would like considered for admission to the
MHA Newsletter, send your submission to ben@sevenvalleyshealth.org by the 7th of the month prior.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for
mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with
their doctor and other health professionals in order to achieve optimal control of symptoms.