

All About Breastfeeding

LETTER FROM THE EDITOR

Lazy Hazy days of summer are not only for kids being off from school, it can also be for lactation consultants taking a little time off too! I don't know about the rest of you, but first I was making plans for the 4th of July and the next thing I knew the calendar said July 14th. I know I sound like my mother when I think out loud – where does the time go?

July in Arizona means that we are living and working and breathing, all while the temperatures are in triple digits. I know it is difficult for mothers traveling for a scheduled lactation consult. I appreciate their motivation and perseverance to seek help for their breastfeeding problems. With my expertise and your motivation, a lot can be accomplished in a 1 hour consult.

This also is the time of year that most babies are not bothered so much by the act of undressing them for a weight check before the consult begins. Good thing we undress them as body heat is built up during breastfeeding. I am sure most mothers can attest to this by realizing how sweaty they get and how incredibly thirsty they are each time they breastfeed. Go ahead and drink according to your thirst as your body needs extra water during this Phoenix heat.

This weekend the rains came and offered much needed relief AND some lovely humidity. This weekend also brought about much change to my nuclear family as my husband and I spent time helping my son and daughter set up their first apartment. While it gives me great pleasure and comfort to know they are rooming together, their everyday presence will be sorely missed in this household.



My youngest, Carly age 19 is not thrilled to be the only kid in the house. Years ago she would have loved to be the only one. Now her most pressing concern is that the finger has no choice but to be pointed at her when we are wondering whose turn it is to take out the garbage. Again, I will sound just like my mother now when I say – enjoy them when they are little, as they grow up so fast! Enjoy the rest of the summer and I will see you back here in September.

Lori

CONTENTS

1. Letter from the editor
2. Sleep survey
3. World Breastfeeding Week

LOOKING FOR MOTHERS WITH BABIES
UNDER 12 MONTHS TO PARTICIPATE IN A
SLEEP SURVEY

Drs. Kathleen Kendall-Tackett and Thomas Hale are researching mothers' sleep and fatigue, and invite mothers with babies under 12 mos. old to take their survey. They would like to include breastfeeding and non-breastfeeding women, and women of all ethnicities and income levels. The survey takes 20-30 min. and is completely confidential. It has been approved by the Institutional Review Board at Texas Tech University Health Sciences Center, Amarillo, Texas. The researchers hope to document:

Where and how much do babies sleep? Are mothers who breastfeed and co-sleep more or less tired than mothers who don't? Are mothers telling their friends, relatives and health care providers where their babies sleep? Are there ethnic group differences in where babies sleep? What is the role of depression, psychological trauma and difficult birth in mother's ongoing daytime fatigue?

The LINK for this survey is:

<https://surveys.ttuhscc.edu/wsb.dll/s/60g51a>

* *Tell your friends about this survey**

World Breastfeeding Week August 1-7 2008

Mother Support: Going for the Gold

Breastfeeding results from a reproductive health continuum for the mother to the child with no beginning or end, from generation to generation. When a practice is disrupted, it must be restored. However, restoration of the breastfeeding culture demands more resources and mobilization.

In conjunction with the Olympics next August, WBW 2008 calls for greater support for mothers in achieving the gold standard of infant feeding: breastfeeding exclusively for six months, and providing appropriate complementary foods with continued breastfeeding for up to two years or beyond.

As every country sends its best athletes to compete at these global games, it is important to remind ourselves that, in a similar fashion, a healthy young athlete can only emerge from a healthy start on life. There is no question that optimal infant and young child feeding is essential for optimal growth and development.

For more information, check
<http://www.worldbreastfeedingweek.org>



All About Breastfeeding
9171 West Harmony Lane
aabreastfeeding@hotmail.com
Peoria, AZ 85382

Lori J Isenstadt IBCLC
623-362-2511
www.aabreastfeeding.com