

# All About Breastfeeding

## LETTER FROM THE EDITOR

Welcome to my very first newsletter. This coincides with the launch of my brand new website. My husband Alan, my daughter Alisha and I, have all been working very hard over the last several months to bring this new website to life.

My personal goal for this newsletter is to inspire, encourage and give mothers a voice and a place to share information and personal stories about their breastfeeding experience.

As a young mother, I received strength from other mothers. Whenever I read stories of mothers who persevered even when the going got tough, I was inspired to work a little harder, try a little longer, seek help and stay motivated, until I exhausted all my efforts.

My professional goal for this newsletter is to educate the public about issues related to breastfeeding. The focus will be on current research, breastfeeding advocacy and health issues related to breastfeeding.

I will meet these goals by writing my own material, linking some articles to this website, interviewing mothers who I have assisted with breastfeeding, printing your personal stories and keeping you informed of breastfeeding topics

## NEWSLETTER REGISTRATION

You can register for the newsletter and receive it monthly via email or you can check back on this site monthly and read the latest newsletter. Your email may be used to inform you of updates to this website and will NOT be shared or sold to anyone.



## Breastfeeding in the News

### Breastfeeding Mother Sentenced to Jail for postponing jury duty.

A Maryland judge sentenced a breastfeeding mother to a night in jail or a \$150.00 fine, after she asked to postpone her jury duty. [Read more](#)

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## THE POWER OF SUPPORT, ENCOURAGEMENT AND A HUGE DESIRE TO BREASTFEED

Alexis was my second daughter and this time I was determined to breastfeed. I felt like I could write the book on what problems might occur with early breastfeeding. When I would read the list of contents in the breastfeeding self help tips, I could circle each one of them. The difference between my first experience and my new daughter, is that I met Lori J. Isenstadt, IBCLC at a seminar she was giving.

The first thing I learned is that I was not doomed to repeat my first experience. The health issues I suffered with my first baby are preventable. Already sore from the first 2 days of breastfeeding, I tearfully made an appointment with Lori. My mother, who was already begging me to supplement, came with me.

I learned that my biggest problem was how I was latching her on. Lori had a lot of patience with me and had me practice the latch again and again, with her watching and guiding me. My mother was so impressed at how much

better I looked when latching my baby on almost pain free, that when we finished, my mother hugged Lori and said: Thanks, now we can do it! "We", I thought? That's okay though, as I needed my mother to support me and thought is was sort of funny. And best of all, Kayla is 4 months old and NO breast infection, cracked nipples and I have plenty of milk. Suzanna G.

*A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence.  
Breastfeeding satisfies all three.  
- Grantly Dick Read*

## DONATING YOUR EXPRESSED BREASTMILK IS LIKE GIVING THE GIFT OF LIFE

In 1985, the Human Milk Banking Association of North America (HMBANA) was established with one of the main goals being to establish standards for all North American milk banks. These standards, first published in 1990 form the basis for many other milk banking documents around the world and are reviewed and updated annually by HMBANA.

<http://www.hmbana.org>



The majority of milk dispensed by the Human Milk Banks is for babies who have special milk requirements and whose own mothers are unable to supply enough breastmilk. These babies have a medical need for human milk. These medical conditions include, but are not limited to:

1. Prematurity
2. Feeding intolerance
3. Immune problems
4. Prevention of allergies
5. Metabolic disorders

In order to be a donor, you must be in good health; a non-smoker, taking no medications or herbs during the time the milk is pumped, and has a baby less than 6 months old when you start donating.

Donors are not paid for their milk. They do have the personal satisfaction of knowing that they have made it possible to improve the life of a baby, or actually save a baby's life.

Happy Fathers Day

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