

October 5, 2022

Dear

We are grateful to be partnering with so many healthcare providers in Washington County. Our services can support families in so many ways. Beyond the parenting and developmental information, we share with parents, we can also help them get connected to other area resources. We host Community Connections as a way for parents to meet other parents. We have two car seat technicians on staff and offer a monthly childbirth class on the third Tuesday of every month.

We have been so gratified by the increase in breastfeeding here in Washington County. We have three certified lactation counselors on staff who are ready and willing to help moms become successful and happy breastfeeding parents. We know that the first few weeks of breastfeeding a newborn can feel overwhelming and uncomfortable. We work hard to give them the best, evidenced based advice, and enjoy sharing our many years of experience as CLC's. We thought you might like to hear the sorts of things we share with moms in the first few weeks of breastfeeding.

- Feed on demand, it may feel like that is all you do, but your baby's tummy is not much bigger than a marble and they need to eat often.
- Learning what a good latch feels like, is important for you and baby. If the latch is not right, your nipples can become damaged, and your baby will not be as efficient in drawing down your milk supply. If, when your baby latches, and it hurts for more than 20 seconds, unlatch them and relatch. You may have to do this many times. It will become easier!
- Avoid breast pumps until your milk supply is well established. Your baby is much more efficient at drawing down your milk, than a pump. By putting the baby to breast, your baby is letting your breasts know how much milk they need to produce. This will really help ensure that you have an adequate supply of breast milk.
- Newborns are often fussy at the breast or fall asleep. This is normal, but frustrating. It takes patience for both of you to learn how to do this.