

# Breastfeeding Through the Holidays

The Lactation Club &  
Brought to you by:



## Happy Holidays from TLC, WIC, and FWCBTF!

In this newsletter you'll find:

- Getting support in person and on-line
- Holiday Travel Tips
- Benefits of Baby Wearing
- Medications
- Missed Feedings & Supplementation
- Resources
- And more



updated: 11/2021



**Can you breastfeed while you're sick? Yes!**

You'll actually pass on cold and flu fighting antibodies through your milk to your baby.  
**Bottom line:** Your little one is less likely to get sick.

Breastfeeding is one of the best ways to keep your baby healthy during the holiday season!

## GETTING SUPPORT THAT IS RIGHT FOR YOU

**There are lots of ways to get support for feeding your baby. Peer Counselors from WIC are great to talk to and available by phone or in person.**

- Local groups have partnered and offer a weekly virtual group Thursday night 7 pm via Zoom. Email: [FLWCBreastfeeding@gmail.com](mailto:FLWCBreastfeeding@gmail.com) for the link
- Local Facebook groups: Citrus Breast Friends, Hernando Breast Friends, Pasco Breast Friends
- Use respected social media pages like La Leche League, Breastfeeding USA, Tampa Bay Breastfeeding Task Force, Florida West Coast Breastfeeding Task Force

## HOLIDAY TRAVEL TIPS BY CAR

- Long road trips require frequent stops (every 2-3 hours to nurse). Allow for that time in your travel plans. It is unsafe and illegal to breastfeed baby in a moving vehicle.
- Fresh human milk can be transported and kept cool with ice packs for 24 hours then stored in a refrigerator at your destination for 3 to 4 days.
- Human milk is still considered frozen if it contains ice crystals.

## DID YOU KNOW?

- There are laws to protect the breastfeeding mother in all 50 states!

## Benefits of Baby Wearing

- Breastfed babies are portable.
- Holiday tasks are easier to complete.
- Prevent over stimulation and germs by avoiding passing baby between family and friends.
- Baby wearing is helpful during holiday shopping and preparation.



## Medications

Contact the Infant Risk Center to ensure ANY medication is safe for baby while breastfeeding:  
806-352-2519

## Questions about Cocktails and Breastfeeding?

<https://tinyurl.com/BF-alcohol-CDC>

## Missed Feedings and Supplementation

- Hectic holiday plans may lead to missed feedings which can lead to plugged ducts and breast pain.
- Plugged ducts feel like small, hard, tender knots/lumps in the breast tissue. Nurse first on the side with the plugged duct.
- Stress can reduce letdown resulting in a temporary slow milk removal.
- If supplementing, pump in place of missed feeding to avoid decrease in supply.
- Substituting with formula may deprive baby of immune factors, which can protect them from illnesses.
- Holiday activities can cause separation, so offer extra nursing sessions to make up for missed time at the breast.



## New Year's Resolutions and Dieting

- Restricting your calories and food intake or excessive exercise can result in a decreased supply.
- Breastfeeding women need at least 1,500 to 1,800 calories per day.
- If you wish to lose a few pounds, it is recommended to aim for a steady loss of 1-1.5 pounds per week through a balanced diet and moderate exercise.
- If you notice a decrease in your supply, try to nurse more frequently and stay hydrated.

## FOR LOCAL SUPPORT CALL

**Citrus County Infant Feeding**  
352-513-6060

Para español marque dos  
**Hernando County Infant Feeding**  
352-540-6924

**Pasco County Infant Feeding**  
813-364-5818

The Lactation Club meeting have been put on hold to support social distancing. We look forward to meeting with you again when the situation allows.

**Don't forget: WIC can help you with making healthy eating goals, breastfeeding, and offers you food benefits.**

## Resources

- La Leche League
- Office of Women's Health
- Florida Department of Highway Safety and Motor Vehicles
- <https://www.zipmilk.org/states/florida>
- <https://www.postpartum.net/>
- Citruscountyhealth.org
- Global Health Media Breastfeeding Videos
- Healthy Start Coalition

