

Milk matters

Wellness for New Mothers

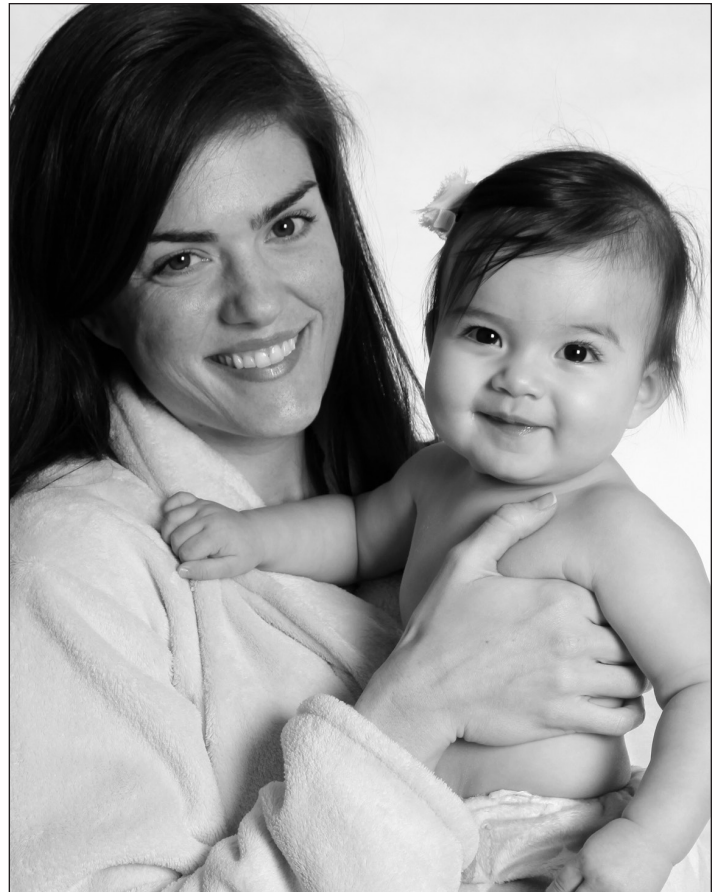
Welcoming a new baby is a time of great change. As you ease into this new stage of your life, remember to take care of yourself.

There is great pressure for new mothers to be happy, trim and fit within weeks of giving birth. These expectations may be unrealistic. Give yourself time to adjust to motherhood and focus on the basics of health. They will go a long way towards helping you look and feel good about yourself.

Where to start?

- ❖ **Exercise.** No need to run a marathon. Instead, start out gentle. Take a walk daily. Put baby in a sling and walk around the block, or take the stroller and walk inside at the mall. If you were very active before baby was born, you will be able to tolerate more. Otherwise, start slow and gentle – ten minutes a day.
- ❖ **Eat well.** No need for gourmet meals. Keep a variety of nutritious foods in the house. Fill small containers with cubes of meat, cheese, nuts, fresh veggies and fruit and whole wheat crackers. Snack on small amounts throughout the day. This will keep you from snacking on junk food...and keep you from being cranky and super hungry at meal times.
- ❖ **Sleep.** Even if disrupted by baby. A new baby often means that you must resort to more sleep periods, but shorter ones. Don't ignore your need for sleep. It is a factor in weight control and mood control.
- ❖ **Friends.** Spend time with other mothers. Join a mom's group. Sharing concerns with other mothers helps you realize you are not alone and exposes you to other ways of problem solving.
- ❖ **Get help.** Ask friends and family to help you with the stuff you can't seem to get done. Have them bring in a meal or hold baby while you take a nap or run an errand. Hire a temporary house cleaning service.

Some women, especially if they have a history of depression, may find it harder to balance the changes of motherhood. Feelings of sadness, anxiety, fatigue, isolation or being overwhelmed are not unusual after giving birth. But if they worsen or continue, do not be afraid to ask for help. You may find that you would benefit from counseling or medications. The goal is for you to stay healthy as you nurture your baby and enjoy being a mother.



Photos Courtesy of Images for a Lifetime by Erica Thompson ©2010

Socializing with other moms and getting help around the house is just as important to a new mom's health as eating right, getting sleep and exercising.

Breastfeeding Assistance:

MilkWorks

10818 Elm Street (Rockbrook Village)
Omaha, NE 68144
(402) 502-0617

www.milkworks.org

MilkWorks provides a variety of services to help mothers breastfeed their babies, including education, support, consultations, pump rentals and breastfeeding supplies.

Meredith Willits, Manager
meredith@milkworks.org

The Experts at MilkWorks O

Our MilkWorks O staff have a wide variety of credentials that help them assist breastfeeding moms in different ways.

Our **Breastfeeding Educators (BEs)** staff our front desk. They answer basic breastfeeding questions, schedule consultation appointments, help moms weigh their babies and obtain breast pumps, assist with bra fittings, teach parents how to use baby carriers, and basically run the place! All of them have breastfed their own children. Jenny is an RN, Kim is a Doula, Lisa is a La Leche League Leader, and Gina is the mom of five breastfed kids!

Our **Lactation Consultants (IBCLCs)** are internationally board certified. Between the two of them, they have over 40 years of experience helping mothers breastfeed their babies. Debbie and Anne specialize in assisting moms and babies with a wide range of concerns. They accept each mom and baby where they are, and provide the support, patience and breastfeeding tools to help each mom reach her goal. Our IBCLCs are credentialed with most private insurance plans and provide services in accordance with the Affordable Care Act and Women's Preventive Services.

Hours:

Monday-Saturday, 10 am - 5 pm



Anne Easterday
LLLL, ALC, IBCLC



Debbie Erikson
RN, IBCLC

Support for Moms (and Dads!)

MilkWorks O wants to help you and your baby navigate the business of being healthy. Check out our services designed to make breastfeeding easier!

Breastfeeding Information Center

All moms appreciate accurate, consistent breastfeeding information. Our goal is to make sure that you can trust the guidance you receive. All of our handouts are based on the latest research, or best current practices, and are reviewed on a regular basis by our breastfeeding medicine specialist, Kathy Leeper, MD, IBCLC. Stop by MilkWorks O, call us at (402) 502-0617, or visit www.milkworks.org.

Baby Weigh Station

Parents may drop in and weigh their baby on a high quality digital scale during our open hours six days a week. There is no fee for this service. We will help you track your baby's weight or FAX your baby's weight to your doctor's office. We are a well baby facility so you do not have to worry about encountering sick children.

Virtual Support - Facebook Groups

Moms of Multiples – Join other moms of multiples online! Search MilkWorks Multiples on Facebook.

Food Intolerances – For parents of infants and children with a food intolerance or sensitivity. Share information on recipes, eating at restaurants, and coping strategies. Search MilkWorks Food Intolerance on Facebook.

Return to Work Moms – For breastfeeding moms who have returned to work or school outside the home. Search MilkWorks Return to Work Moms on Facebook.

MilkWorks O

Omaha's most comprehensive
breastfeeding resource!

- hospital-grade breast pumps
- personal, double-electric pumps
- breast pump spare parts
- milk storage accessories
- Bravado® Intimate Apparel

medela



Medela® Pump In Style®
Advanced Backpack with
2-Phase Expression® technology.



bravado!
DESIGNS

In-network provider for most private insurance plans and all NE Medicaid plans.