



# Western Upper Peninsula Health Department

## BREASTFEEDING

*The quarterly newsletter for breastfeeding information*



## BREASTFEEDING IN PUBLIC

*What you need to know about breastfeeding in public*

You're not alone in wondering if you're allowed to breastfeed in public or feeling like it's not something you would be comfortable doing. Here's what you need to know!

### First of all...

Yes, you **can** breastfeed in public! Michigan Laws state that you are allowed to breastfeed ANYWHERE in public, or in private, that you are allowed to be. You are doing no harm in breastfeeding in public, in fact you are doing the exact opposite! It is totally up to you where and when you want to feed your child.

### Second of all...

If you're uncomfortable with breastfeeding in public, here are some things you can do to cover up and feel a little more at ease.

- Practice at home in front of a mirror to get the hang of things
- Choose clothing you are comfortable in, that gives you the wiggle room you need to breastfeed (you can also buy tops specifically for breastfeeding)
- Find a breastfeeding wrap/cover, even a small blanket will work
- Pick an easy-access bra
- Turn away from people to latch baby on
- Smile and remember ***you are doing an awesome job, mom!***

*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person*

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# 5 Myths about Breastfeeding

## #1. You should stop breastfeeding if you're sick

If you have a minor virus such a cold or flu, breastfeeding will give your baby the BEST protection against the virus. Breast milk has protective antibodies that help your baby's immune system fight off infection and illness! (Amazing!) So please, keep breastfeeding!

## #2. Breastfeeding is an effect form of birth control

As long as you're having sex, there is a chance of getting pregnant. You are, however, a lot less likely to conceive within the first 6 months of exclusively breastfeeding, if your period has not returned yet, and you aren't supplementing with formula.

## #3. It's normal for breastfeeding to hurt

It is TRUE that breastfeeding *might* cause some discomfort in the beginning while your body is getting used to things, but the discomfort should not last. Things you may be challenged with are swelling, sore/cracked/dry nipples, or engorgement. There are remedies for each of these! Contact your doctor and/or WIC breastfeeding peer counselor to discuss what to do and to make sure there isn't an underlying issue.

## #4. Some mother's can't produce enough milk

Almost all mothers produce just the right amount of milk for their baby. Breast milk production is defined by your baby being latched on properly, how effective your baby is removing milk, and how frequently you breastfeed. The more your baby breastfeeds the more breastmilk your body will make! Supplementing with formula, or skipping feedings can cause your milk supply to decrease.

## #5. If babies feed a lot that means they aren't getting enough milk

It is *normal infant behavior* for your baby to want to breastfeed frequently. Breast milk is easier for a baby to digest than formula, that being said it is normal for your baby to get hungry sooner than a formula fed baby. Typically newborns should be breastfed every 2-3 hours.



### Tech, Tools, or Tips:

Check out these apps for breastfeeding (for free!):

**Collective;** A great app that WIC recommends to help you build your breastfeeding team, learn about breastfeeding, and protect it.

**Sprout Baby;** A "baby tracker" to track everything from which side your baby last fed on, how long, to milestones!

**LactMed;** This app helps you identify which medications are safe to take while breastfeeding, *always continue to check with your doctor first.*

