

Staying A-breast




Tips for a Happy Holiday Season for You and Baby


The holidays can be a joyful time with loved ones, but they can also be very hectic and stressful for a breastfeeding mom. Sometimes stress can affect your milk supply.

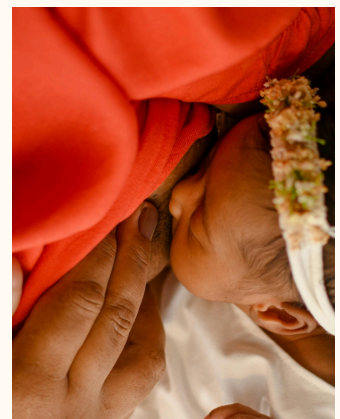
Connecting and bonding with your baby can help reduce stress. Continual breastfeeding during the day is essential for maintaining your milk supply.

Here are some key pointers to help you stay on a great path during the holiday season. These tips will keep you and your baby happy & healthy in the process.

Breastfeeding Success During the Holidays:

 Have baby with you as much as possible. Always offer extra feeding time when you're home.

 As you travel, be sure to wear comfortable clothing with easy access for feedings at the breast. Consider a blanket or some type of coverup if you have concerns about breastfeeding in public.



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- ❄ Feeding baby on demand will help maintain your supply.
- ❄ If experiencing a full breast or clogged ducts, hand expression can prevent or alleviate issues.
- ❄ It's important to de-stress and take a break for yourself.
- ❄ If pumping while traveling, remember to have all pump parts and a cooler to preserve milk.
- ❄ Stay hydrated!



You are the main source of nutrition for the first year of your child's life. Breastmilk has a long history of being the blueprint for a baby's healthy start.



But we know that gatherings can be overwhelming for you and baby, so don't hesitate to ask for help when you need a break. Family can pitch in and bond with baby so you can have a moment for yourself to rest, eat a light snack, or a nutritious, well-balanced meal.



Keep in mind that you have local breastfeeding support when you're home *and* when you're traveling and need a listening ear. Meanwhile, enjoy these special moments as you make new long-lasting memories with your little one.



Peer Counselor Support Line

912-385-0330





Welcome to the Team!

JADA JOYNER, BREASTFEEDING PEER COUNSELOR

The breastfeeding team would like to present our newest Breastfeeding Peer Counselor. Please welcome Ms. Jada Joyner to our crew!

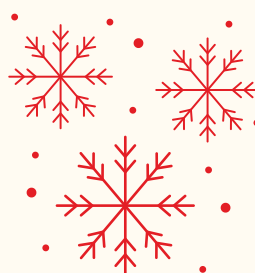
She is currently breastfeeding and has reached a goal of 15 months so far. Her hobbies are the enjoyment of art, baking, gardening, running and dancing in the rain.



Godmother Carolyn's Rice Pudding Recipe

INGREDIENTS:

- ½ cup of cooked white rice
- ½ cup of raisins
- ¼ teaspoon of cinnamon
- 2 eggs beaten
- 2 cups of scalded milk, which is milk heated to just below boiling, about 180 degrees F (can substitute with heavy whipping cream or condensed milk)
- 1 teaspoon of vanilla extract
- hot water
- Optional toppings, such as cool whip



INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Cook the rice if it's not already cooked - be careful not to overcook!
3. Add cooked rice to a bowl, then add the raisins, cinnamon, eggs, scalded milk, and vanilla. Mix ingredients together well.
4. Empty contents from bowl into a baking pan and spread evenly. Then add 1 inch of hot water.
5. Bake at 350 degrees for 45-55 minutes until light golden brown.
6. Serve slightly cooled with a dollop of cool whip or whatever other toppings you like. Enjoy!