

HEALTHY breastfeeding

Even with all of its benefits, breastfeeding can be challenging, stressful and even painful for new moms. In celebration of Breastfeeding Awareness Month, we want to share these tips with you from breastfeeding experts and the co-hosts of the Boob Tube Facebook Live, Helen Anderson and Tobi Porter.

HELEN'S TIPS FOR DIET AND BREASTFEEDING

Good news mamas! There aren't really any foods you need to avoid when breastfeeding. Some strong flavors, like garlic and curry, can show up in your breast milk. This can cause your baby to refuse to nurse, but other babies will like the new tastes. There is some evidence that your baby will be more open to new flavors and less picky later in life when exposed to a variety of flavors early. However, there are some foods (and drinks) that you may want to enjoy in small amounts:

Fish: Shark, swordfish and mackerel often contain high levels of mercury. Mercury is a heavy metal that can affect your baby's brain and nervous system, since what you eat ends up in your breast milk, it's best to limit your intake on these types of fish.

Caffeine: If you want a cup of Joe, go ahead and enjoy it! A small amount of caffeine will show up in your breast milk so watch your baby for wakefulness and reduce your coffee intake if you notice any changes in their behavior.

Alcohol: You can enjoy a glass of wine without guilt. The brewer's yeast in beer can even increase your milk supply! If you enjoy a little too much, you might want to pump and dump. If you are safe to drive, you are safe to breastfeed.

TOBI'S TOP TIPS FOR PUMPING IN THE BATHROOM

Tip 1: The most ideal public bathroom is the individual "family" bathrooms. It will give you the most privacy and they tend to be bigger so you have more room. If they don't have the "family" style

available try to use a handicap stall, the privacy is the same as the other stalls but it will give you more space!

Tip 2: Always have a small towel or blanket on you so that if they don't have a shelf available next to you, you can safely and still be hygienic place your pump on the ground so you're not trying to balance it on your lap which is definitely not relaxing!

Tip 3: Bring ear buds! Have some relaxing music on your phone and once you put your ear buds in all the noise around you disappears and you can relax! 🍷



Helen Anderson, RN, BSN, MSN, CLE, is the inventor of the Milkies Milk-Saver, mom of 3, and Chief Lactation Officer at Fairhaven Health.



Tobi Porter is the other half of The Boob Tube! Tobi is the inventor of the Milkies Milk Trays! Tobi is a firefighter, mom of 2, and has a passion for pumping!