



# Breastfeeding Peer Counselor Newsletter

## August 2015



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### ENGORGEMENT, PLUGGED DUCTS, AND MASTITIS

#### NORMAL FULLNESS:

Your baby's birth signals your body to increase your milk. At birth, you are already making colostrum. By about day 3 to 5 after birth, your milk supply should quickly increase and begin to look whiter. Because your body doesn't know at first how hungry your baby will be, you will probably make more milk than the baby needs. Expect breast fullness during the first week, especially in the morning. Fullness is normal, but pain is not. Keep yourself comfortable by:

- Breastfeeding baby often, at least every 3 hours
- Massaging the breast before and during feedings
- Expressing a little milk using hand massage if the breast is starting to feel tight.

The more you breastfeed in the early days, the faster your body learns how much milk to make. Also, the faster your baby will return to birth weight and change from black, tarry stools to yellow 'breastmilk' stools.

#### ENGORGEMENT:

If your body makes a lot more milk than your baby will take, or you do not feed often enough, your breasts may get very, very full. This is called engorgement. It typically happens during the first week, but can also happen any time your baby eats less than normal or skips a breastfeeding session. Besides being very uncomfortable, engorgement can lead to other breast problems. Use the chart below to keep yourself healthy. Talk with your doctor, Peer Counselor, or pediatrician if you have any breast fullness that is very uncomfortable and lasts more than a couple of days. Engorgement can progress very quickly to a plugged duct or breast infection (mastitis).

#### \*OUR NEXT SUPPORT GROUP MEETING:

We had a great time making homemade diaper rash cream at our July support group! Thank you for joining us! We look forward to seeing everyone on **August 27, 2015 at 5:30pm in the classroom of the Health Department**. We will have food and an activity while we talk and discuss pregnancy and breastfeeding tips!

Normal Breast Fullness	Engorgement	Plugged Duct	Breast Infection (mastitis)
Normal increase in milk supply.	Milk overflowing inside because baby is not breastfeeding enough.	A clump inside the breast that blocks milk from getting out.	An infection in the breast from an untreated plugged duct.
Most often occurs on the 3 <sup>rd</sup> to 5 <sup>th</sup> day after birth.	Most often happens on the 3 <sup>rd</sup> to 10 <sup>th</sup> day after birth.	Rarely happens in the first five days after birth.	Rarely happens in the first five days after birth.
Happens in both breasts gradually.	Can happen in one or both breasts gradually.	Usually happens in one breast gradually.	Usually happens in one breast suddenly.
Breasts feel fuller and maybe a little tender, but skin stays soft and elastic.	Breast feels harder, warm, tight, throbbing; nipple may flatten out.	Breast has tender spot, redness or sore, hard lump that is cool.	Breast has tender spot, redness or sore hard lump that is hot and very painful.
Affected area doesn't move around in breast.	Affected area doesn't move around in breast.	Tender spot may move around in breast.	Tender spot stays in one area of the breast.
Mother feels well.	Mother feels generally well with maybe a low fever (<101F).	Mother feels generally well with maybe a low fever (<101F).	Mother feels tired, achy, run down, feverish (>101F), with possible nausea.
How to treat			
Continue to breastfeed baby every 1 ½ - 3 hours during the day and at least 1 time during the night.	Get milk moving out of the breast to bring down the swelling. Will take a day or two.	Massage on the tender spot during and between breastfeedings to soften the lump and move it out.	See your doctor – you will probably need to take an antibiotic.
	Continue to breastfeed baby at least every 1½ - 3 hours during the day and at least 1 time during the night.	Continue to breastfeed baby at least every 1 ½ - 3 hours during the day and 1 time during the night.	Continue to breastfeed baby at least every 1 ½ - 3 hours during the day and at least 1 time during the night.
	Before feeding, use massage and a warm washcloth on the breast to help express out some milk and soften the breast tissue.	Don't wear tight clothing that could pinch or block milk flow. This includes underwire bras, purse and diaper bag straps, and tight shoulder seat belts.	Before feeding, use massage and a warm washcloth on the breast to help express out some milk and soften the breast tissue.
	Express milk out of the second breast if needed in order to be comfortable.		Don't wear tight clothing that could pinch or block milk flow. This includes underwire bras, purse and diaper bag straps, and tight shoulder seat belts.
	Put cold packs on both breasts for 15 minutes after breastfeeding to decrease the swelling.		Rest as much as you can, drink plenty of fluids, take pain relievers as suggested by your doctor.

## UPCOMING EVENTS

### LIVE, LOVE, FEED TOGETHER

#### Breastfeeding Support Group

Laurel Co. Health Dept. Basement Classroom

**AUGUST 27<sup>TH</sup> at 5:30pm**

**SEPTEMBER 10<sup>TH</sup> at 5:30pm**

This is a group where you can meet with your Peer Counselor and other soon-to-be and new moms to be encouraged and supported in your breastfeeding journey! Bring your children!

\*\*For every attendance you will be entered in a raffle for a free glider and ottoman! Increase your chances of winning in December by bringing a pregnant or breastfeeding friend every month and receive an extra raffle entry per guest!

## HELP US UPDATE OUR RECORDS

### IF YOU JUST HAD YOUR BABY

We would love to come visit with you and your new baby either at St. Joseph, London hospital or the Laurel County Health Department to make sure your breastfeeding is off to a great start!

Call your Breastfeeding Peer Counselor to set up an appointment for a visit.

### IF YOU ARE NOT BREASTFEEDING

We would love to update our files.

Call or email your BF Peer Counselor anytime and leave a message with following information:

- Name
- Reason for no longer breastfeeding
- Duration of breastfeeding

Information in this newsletter can be found at the Laurel County Health Department Peer Counselor Office and <http://chfs.ky.gov/NR/rdonlyres/AFF9C8A3-97C9-4EA3-B9C7-802BC0969A90/o/BFHelpfulHintsforBreastCare.pdf>



## IF YOU HAVE QUESTIONS ABOUT BREASTFEEDING, CONTACT:

### BREASTFEEDING PEER COUNSELOR

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### BREASTFEEDING COORDINATOR

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