



SCAN
ME



WHAT'S HAPPENING

at Hardin County W.I.C.

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Dates to Remember

August:

- National Breastfeeding Month
- Aug 1-7 is World Breastfeeding Week
- 25th—Breastfeeding Baby Shower (starts @ 11:00 AM and will take place in the annex conference room). *See attached invitation on page 5

September:

- 5th—Office closed for Labor Day
- 11th—Grandparent's Day
- 22nd—Autumn Begins

The Difference a Thousand Days Made: Sarah's Story - Part 5

Sarah ran her fingers through her baby's feathery hair as he finished his morning feeding. Oh, how she will miss breastfeeding him throughout the day. With her maternity leave soon ending she'll be headed back to work. The thought gripped her with worry and a million questions bombarded her mind. How will this possibly work? Will there be plenty of pumped milk on hand for his feedings while they were apart? Where will she pump while at work? Where will she store the milk until she gets home at the end of the day? She soon became discouraged, and the fleeting thought to give up and formula feed instead crept in. "No!" she said to herself. Breastfeeding her son was best for them both and she wouldn't let the difficult road ahead stop her. Though she currently didn't have a plan in place, she would before she went back to work. Now is the time to plan for success!

Going back to work while breastfeeding can be a scary thought but preparing ahead of time can make that transition back to work much, much easier. According to Breastmilkcounts.com, the building blocks for success include focusing on mentally preparing yourself for a new routine, planning for your return to work and getting baby ready for the transition.

Tips To Help Prepare Mentally

Ask for help

- o Reach out to your local WIC clinic and speak to the lactation consultant
- o Call on friends and family members for support. Talk with them about your plan to breastfeed after going back to work and let them know how they can help you. Whether it's helping with childcare, doing laundry, or supplying a meal or two during the week, let them know how they can play a part in your success.
- o Join an online support group for working moms who have transitioned back to work and continued to breastfeed.



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Returning to Work While Breastfeeding

Tips To Help Prepare Mentally

Self-Care

- o Make sure to take care of yourself. Some of the ways in which you can do that is by getting plenty of sleep and cutting back on unnecessary chores and activities whenever possible.
- o Schedule a certain bedtime that ensures you get enough sleep. Stick to your plan as closely as possible
- o Breastfeed often
- o Sleep when your baby sleeps
- o Take a relaxing bath
- o Read a good book

Get Baby Ready

Bottle feed

- o If you've been feeding your baby from the breast and not a bottle, once your supply is built up and you have plenty stored, have a friend or family member begin feeding your baby breastmilk from the bottle. This will help baby get used to the bottle plus it will help you get used to pumping

Childcare

- o Before going back to work, practice your childcare routine. Begin taking your baby to the childcare provider you have chosen. If possible, breastfeed when you drop your infant off and when you pick him or her up because babies oftentimes want to nurse when they see Mom

Returning to Work

Create a stockpile of pumped milk

- o When your baby is about 3-4 weeks old, begin pumping and storing. For tips on proper storage and boosting your supply, contact your local WIC lactation consultant

Gather your equipment

- o You will need a breast pump, containers to store the pumped milk, an insulated bag and ice packs to keep your milk cold if you don't have access to a refrigerator
- o Bring extra breast pads

Speak with your employer

- o Before returning to work, speak with your employer to let them know that you'll be pumping throughout the day so that the two of you can come up with a plan that accommodates you both. Should your employer seem hesitant, gently remind them that they are required by law to make necessary accommodations for you.
- o Make a schedule. You'll need to pump as many times as your baby eats while you are apart. So, this means that you will likely need to pump in the morning, at lunch and in the afternoon. Keep this in mind when you speak to your employer about a schedule. Strive not to miss any pump times. If need be, remind your employer of the importance of pumping on time.



Try to build a solid foundation with the above tips and keep in mind that perfection is not the goal. Take everything one day at a time, be persistent and consistent, and things will get much easier as time passes. You've got this!

Summer Fun!

Fruit Salad

What better way to enjoy summer than a fresh fruit salad! An easy and tasty way to eat the rainbow, everyone will love this simple treat.



Ingredients

- 1/2 cup orange juice
- 1 cup seedless grapes, halved
- 1 orange, peeled, sliced, and quartered
- 1 banana, sliced
- 1 peach or nectarine, pitted and cubed

Tip: Be sure fruit is soft and sliced into small pieces if serving to young children.

Preparation

1. Mix fruit together in a bowl.
2. Pour juice over fruit and chill before serving.



For more healthy, easy, and fun recipes visit texaswic.org



FAMILY ACTIVITIES



AFFORDABLE AND FUN!

Source: www.lowincomerelief.com

We understand that sometimes it can be difficult to have the finances for family activities, fortunately, there is a solution! With the W.I.C. program, you can access certain locations for affordable prices to you!

Galveston Children's Museum – \$3 or less per person

Designed for children between two and 10 years old, the Galveston Children's Museum features many fun exhibits including a Kid's Clinic, Building Zone, Tinker Workshop and more!

Corpus Christi Art Museum of South Texas – FREE

The Art Museum showcases art from America and beyond. It is affiliated with Texas A&M University and is a Museums for All participant.

Lufkin Ellen Trout Zoo

Lots of animals small and big! Your family is guaranteed to enjoy the visit at this wonderful attraction!

Children under 4 – FREE

Children 4-11 – \$3.50

Adults – \$7.00

Senior Citizens – \$6.00

Breastfeeding Baby Shower

Hardin County WIC is having a baby shower honoring our pregnant, postpartum & breastfeeding moms.

Please join us

FOR GAMES, FOOD, AND PRIZES!!!

Look forward to meeting our new lactation consultant & have your breastfeeding questions answered by an expert!!



Thursday, August 25th
11:00 AM

Hardin County Annex
Conference Room

1135 Redwood, Kountze, TX

RSVP BY 8/19/2022

409-673-0508 or 409-781-0558

Hurry!!! Limited spots available!!!

HARDIN COUNTY
W.I.C. STAFF



LETASHA JONES
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W.I.C. Manager



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Registered
Dietitian



OMETRA MCCRAY
Breastfeeding
Peer Counselor



SABRINA JEANISE
Registered
Dietitian



GLEND A WATTS
Clerk

WHAT IS W.I.C.?

The Women, Infants, and Children program is a supplemental program that serves pregnant and breastfeeding women, infants, and children to the age of 5 years.

HOW TO APPLY

Call Hardin County W.I.C. at (409) 246-8383 or (409) 673-0508 to schedule an appointment. You may also apply online at www.texaswic.org/apply

1135 Redwood Street, Kountze, TX 77625 | (409) 246-8383 or (409) 673-0508

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