



**Committed to your health and our community**

## **National Breastfeeding Awareness Month**

This month, and every month, we focus not just on the reasons why it's important to breastfeed, but on how to make breastfeeding work for you and your baby. August is National Breastfeeding Awareness Month. The breastfeeding campaign, funded by the U.S. Department of Health and Human Services, hopes to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity. In celebration of Breastfeeding Awareness Month, we've compiled the following guide to

serve as your one-stop resource for the information and support you'll need to be successful at breastfeeding. Arm yourself with information now, and you'll thank yourself later for giving your baby the best possible start in life.

### **The Support You Need**

[The Ultimate Guide to Breastfeeding](#) From the proper latch to the perfect nursing bra-- everything you need to know to make breastfeeding work for you and your baby. [More Nursing Know-How](#) Breastfeeding can be difficult for some women in the first few weeks, but it gets easier and more natural with time. Here, you'll find answers to our readers' most frequently asked questions about breastfeeding.

# **Yelm Family Medicine Patient Newsletter**

## **IN THIS ISSUE**

Don't forget the NFL season has Started...Let's root those Hawks on!!

NFL Preseason

Sunday, August 13, 5:00 PM  
on NFLN

StubHub Center, Carson,  
California



**Where to Get the Support You Need** Boutique-style stores that specialize in breastfeeding--with bras, pumps, lotions, potions and virtually everything else in between--are sprouting up in cities nationwide. Check our guide to see if there's one [near you](#).

**Support Systems** Breastfeeding may be more difficult than you expect. The right help can make all the difference. [The Milky Way](#) Lactation consultants' best advice for successful breastfeeding

**The Benefits of Breastfeeding** [Miracle of Mother's Milk](#) It will make your baby healthier and smarter. There are lifelong benefits for you, too. [200 Reasons to Breastfeed](#) The abundance of good things in mother's milk offers your baby lifelong benefits.

**Breastfeeding On-the-Go** [Express yourself](#) The nuts and bolts of pumping breast milk for

your baby **Real Mothers Share Their Stories** [Need Some Tips on Breastfeeding?](#) The best tricks often come from moms who've been there. [My Superhero Power](#) Superman's got nuthin' on Supermom [GotMomo?](#) Sometimes a nursing mother needs a good euphemism.

[Adventures in Breastfeeding](#) From short nipples to pumping in public, some surprising nursing challenges and how five women overcame them.

### [More Breastfeeding Articles](#)

**Keep Calm & Latch On!**

If your baby is gaining weight and having an adequate amount of wet diapers, you **DO NOT** have a low milk supply.

The following **DO NOT** indicate a low supply:

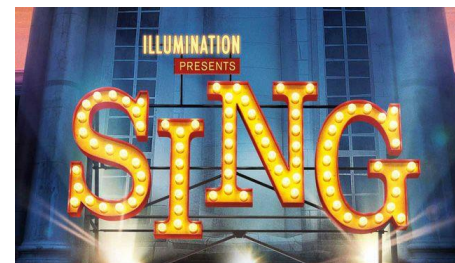
- baby nurses frequently
- baby suddenly increases the frequency and/or length of nursing sessions (AKA cluster feeding)
- baby nurses more often and is fussy in the evenings
- baby wakes frequently at night
- baby doesn't nurse as long as she did previously
- baby guzzles down a bottle of expressed milk or formula after a nursing session
- your breasts suddenly seem softer
- your breasts don't leak anymore
- you stop feeling or never felt a let-down sensation
- you get very little or no milk while pumping

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AUG12-13 Rainier High School  
2017 SE Thurston County Relay  
for Life

**Watermelon Rumble 5k/10k**  
Saturday, August 26 at 9- 12 PM  
Priest Point Park  
2600 East Bay Drive Northeast,  
Olympia, Washington 98506

**Yelm Lions Presents: Summer  
Movies In The Park 2017!**  
Saturday, **August 12** at 8:30 PM  
Longmire Park 16820 Canal RD  
SE



**And on August 26<sup>th</sup>**

