

Breastfeeding 101 Workshop March 22nd

Human milk contains just the right amount of fatty acids, lactose, water, and amino acids for human digestion, brain development and growth. Breast-fed infants have lower rates of hospital admissions, ear infections, diarrhea, rashes, allergies and other medical problems than bottle-fed babies due, for the most part, to the antibodies that the mother transfers to the child through breastfeeding. Nursing may have psychological benefits for the infant as well, creating an early attachment between mother and child.

Breast-feeding is good for mothers, too. There are no bottles to sterilize and no formula to buy measure and mix (so some consider it a “greener” option). It may be easier for a nursing mother to lose the pounds gained during pregnancy as well, since nursing uses up extra calories. Lactation also stimulates the uterus to contract back to its original size. It is, however, good to be aware that breastfeeding is not physically possible for all women, and to be sensitive to each woman’s individual situation; no guilt-inducing please There can also be medical conditions and medications that would not be a good fit for breastfeeding, so a mother should check with her doctor.

If you think that breastfeeding might be an option you’d like to consider in the future, plan to attend the Work/Life-sponsored workshop from 12:05-12:55 on Tuesday, March 22nd in room UC 115 in Taylor Hall. Crystal Gold, a certified lactation counselor, will be the guest speaker. She will talk about things to think about when you’re considering breastfeeding, how-tos, pumping equipment and more.

If you want to continue to breastfeed once you return to campus, let me (mstimmin@iupui.edu) know and I’ll provide information about where spaces are located, how to access, etc.

Source, in part: Article by Rebecca Williams on the Web site of the Food and Drug Administration, a division of U.S. Health and Human Services.