

Hidalgo County WIC Newsletter

Volume 2, Issue 1

May 2013

Quarterly Update

Baby Café is a weekly drop-in center of excellence which provides a friendly and supportive atmosphere to learn and talk about breastfeeding. Our Baby Cafés are part of The Baby Café Charitable Trust, which support breastfeeding mothers providing information about breastfeeding to pregnant women and their families. The Baby Café offers quality support and encouragement to those breastfeeding in a relaxed, social atmosphere that is staffed by Lactation Consultants (IBCLC) and Trained Breastfeeding Educators (TBE).

Baby Café is making Breastfeeding Support close to mothers, their supporters, and any one interested in breastfeeding where no appointments are necessary and is totally free.



Address:
North San Juan
Community
Resource Center
509 E. Earling
(Nolana) Rd.
San Juan, TX.
78589
956.907.4943

Hours of Operation

Hidalgo County WIC Baby Café

Mondays & Wednesdays
2:00 pm—5:00 pm
and
1st Saturday of the month
8:00 am—1:00 pm

Edinburg Baby Café

Mondays
8:30 am—11:30 am
Tuesdays
1:30 pm—5:00 pm

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The first 4 months of Edinburg Baby Café: Celebrating our Success and looking to the future in helping mothers to establish and sustain breastfeeding

Since our launch in late December 2012, Edinburg Baby Café has been visited by over 87 pregnant and breastfeeding moms. Some have visited us once and others have come many times. By offering expert help, support and follow-up to breastfeeding mothers, we're able to help them achieve their breastfeeding duration and exclusivity goals.

If you haven't visited us, make plans to join us in a relaxed environment to learn and share about the importance of breastfeeding and build a supportive relationship with other moms. We're now doing free weight checks for breastfed babies.

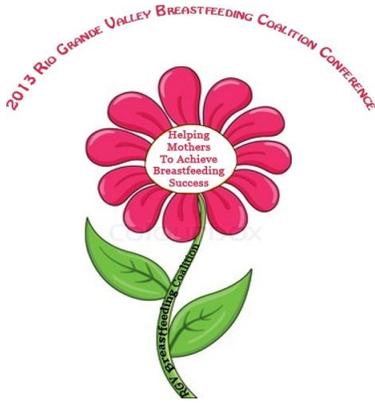


Address:
Woman's
Hospital at
Renaissance
Outpatient
Conference Room
5502 S. McColl Rd.
Edinburg, TX.
78539
956.907.4943

babycafé

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Breastfeeding Potpourri



Save the Date:

August 6, 2013 at KNAPP Medical Center, Weslaco, TX

Rio Grande Valley Breastfeeding Coalition Conference 2013

"Help Mothers To Achieve Breastfeeding Success"

For more information contact RGV BF Coalition President

Veronica Ramirez 956.247.3672 Email: veronica.ramirez2@co.cameron.tx.us

The Key for a Successful Breastfeeding

The more moms know about breastfeeding, the easier

It's important to learn about breastfeeding before the baby is born, and understand the risks of not breastfeeding.

Moms and babies know how to breastfeed – they just don't know until they try it!

Once they learn and practice, breastfeeding gets easier.

Key points for moms:

- ✓ Hold the baby skin-to-skin
- ✓ Watch for early signs of hunger
- ✓ Choose a comfortable position
- ✓ Make sure baby has a good latch: baby's lips are flipped out, chin is buried in mom's breast with the nose tipped away or lightly touching, and tongue is visible when infant's lower lip is pulled down.
- ✓ Watch your baby, not the clock!
- ✓ Offer both breasts at every feeding
- ✓ Begin each feeding on the breast offered last
- ✓ Break the suction before you take your baby off the breast
- ✓ Feed your baby often
- ✓ Avoid bottles and pacifiers
- ✓ Avoid supplements
- ✓ Relax and enjoy your breastfeeding experience

And Remember: Baby Café is here to support you!