



News You Can Use !

Head Start, Early Head Start and Migrant/Seasonal Head Start Programs

Breastfeeding: A Two Part Series!

Breastfeeding News & Research

Let's face it. Breastfeeding is a very provocative topic among early childhood staff and families. Some mothers decide to breastfeed and some do not. Many mothers do not have the option, and still others may have received direct and subtle messages either for or against breastfeeding. In 1993 the United States Food and Drug Administration (USFDA) reported that 55.9% of American mothers breastfed their babies in the hospital. In that same year, the percentage of those mothers who continued to breastfeed at 6 months

dropped to 19%. The American Academy of Pediatrics recommends that infants be breastfed for six months or more. Based on the 1993 percentages, the USFDA and private health experts began working to increase these numbers (Williams, 1995). The efforts are working but the statistics are still low, particularly for older infants. By 2005 the percentages of American mothers who breastfed their babies immediately after birth increased to 72.9%. At six months this percentage dropped to 39.1%. Head Start (HS), Early Head

Start (EHS) and Migrant and Seasonal Head Start (MSHS) programs working with expectant families and those with young children have a unique opportunity to share information and make a difference! What follows are breastfeeding



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Breastfeeding Highlights

- ☺ National Statistics
- ☺ Family Wellness
- ☺ Benefits for Baby
- ☺ Wellness for Mom
- ☺ HS/EHS Staff Tips

Next Issue Highlights

Breastfeeding and Culture

National Expert Work Group Focuses on Breastfeeding in EHS Programs

The Office of Head Start and the Early Head Start National Resource Center sponsored an Expert Work Group on Breastfeeding in Washington, DC on March 21-22, 2007. Researchers, government agency representatives working on this topic,

training and technical assistance providers, program staff from across the country, and families came together for two days to focus on the following issues: To understand the role of culture and community in

deciding to breastfeed and continuing to breastfeed; To identify challenges low-income families face in making and sustaining the decision to breastfeed. This includes contraindications and challenges to Early Head Start and Migrant and Sea-

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Breastfeeding News cont'd

benefits for babies, mothers and families. Some may be familiar, and others may be new. The choice is ultimately an individual family's to make based on the situation and need.

Expert Work Group Discusses Breastfeeding cont'd

sonal Head Start staff in addressing this issue to explore approaches and strategies that have been effective in supporting Head Start families in making and sustaining the decision to breastfeed; and to generate recommendations to the Office of Head Start on supporting staff who work directly with families to assist them in making informed and appropriately supported decisions around breastfeeding.

The Office of Head Start considers breastfeeding an important issue for Early Head Start staff, who in particular, have established relationships with families.

It is hoped that local relationships with WIC and La Leche can be strengthened through combined efforts. The Office of Head Start is also committed to strengthening breastfeeding partnerships at the federal level



Benefits For Babies: *Developmental, Nutritional, Health and Mental Health*

- Breast milk has the proper amount of nutrients and proportions of fat, sugar, water and protein to meet the growing baby's needs. Throughout the baby's growth and development, breast milk changes to meet the baby's changing needs.
- Breast milk contains fatty acids that are important for a baby's brain growth and development.
- The immunological and health benefits to breastfed babies are greater.
- Breast milk helps to strengthen the immune response to polio, tetanus, diphtheria and flu.
- Breastfeeding reduces incidences of respiratory, ear and urinary tract infections, diarrhea, and pneumonia.
- Breastfeeding reduces the incidence of dental cavities
- Breastfeeding promotes mother-baby bonding; and the physical, skin-to-skin contact with mother helps baby feel secure and comforted.

Retrieved from: U.S. Department of Health and Human Services
The National Women's Health Information Center at the Office of Women's Health
<http://www.4woman.gov/breastfeeding>

Preventive Health Benefits of Breastfed Infants and Toddlers

Breastfed babies are at reduced risk of developing:

- acute otitis media (ear infection) by 50%
- atopic dermatitis (skin disease, swelling of the skin) by 42%
- gastrointestinal infections (infections in the intestine causing nausea and diarrhea) by 64%



(From the Agency for Healthcare Research and Quality, Evidence Report/Technology Assessment, Number 153, *Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries*, April 2007).

- asthma by 27-40%
- Type I Diabetes by 19-27%
- Childhood Leukemia by 19%
- SIDS (Sudden Infant Death Syndrome) by 36% among full-term infants
- Dying from Necrotizing Enterocolitis by 4-82% for pre-term infants

Did You Know.....???

Benefits of Breastfeeding for nursing Moms

- Between 200 and 500 calories a day are used in breastfeeding, offering a mother rapid and natural weight loss. This is particularly advantageous for mothers who have had gestational diabetes, as returning to pre-pregnancy weight may prevent development of diabetes or the need for insulin or other medication.

- Breastfeeding immediately after a baby's birth helps increase oxytocin (hormone stimulating uterine contractions), reducing the risk of postpartum bleeding.

- Breastfeeding delays the return of the menstrual cycle, which, in turn may lower the risk of anemia (decrease in number of red blood cells).

- Breastfeeding mothers are at a reduced risk of developing ovarian and premenopausal breast cancer, heart disease and osteoporosis.

(Dermer, A. & Montgomery, A. (1997). Breastfeeding: Good for Babies, Mothers and the Planet. Retrieved June 2007. <http://medicalreporter.health.org/mr0297/breastfeed0297.html>.)

Statistical Research

Preventive Health Benefits for Nursing Moms

A breastfeeding mothers' risk of:

- Type II Diabetes is reduced between 4 and 12%
- Breast Cancer is reduced by 28%
- Ovarian Cancer is reduced by 21%

(From the Agency for Healthcare Research and Quality, Evidence Report/Technology Assessment, Number 153, Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries, April 2007).



Positive Outcomes for Breastfeeding Families

Breastfeeding families benefit from having a healthier baby and mother with lower health care costs. This means that families can spend less time and money with doctors visits for illnesses and more time for well-baby visits.

EHS families are WIC eligible and, as an added incentive, breastfeeding families can receive the largest food packages available on a monthly basis.

These families are able to spend less money on food and are able to have more resources available for other family needs.

Feeding time can be a very satisfying, warm, soothing and safe experience for both mother and baby. When nursing mothers and babies can simultaneously feel all of these emotions, feeding time becomes a special bonding time for

mothers and very young infants. Nursing mothers and infants can be a reminder to families of the importance of sharing special time together.



Supporting Families: Quick Tips for Program Staff

Understand your own experiences about breastfeeding. In order to support families in making a choice that is right for them, it is important to reflect on your own personal feelings, keeping in mind that breastfeeding is a very personal decision.



Create quiet spaces for nursing moms to breastfeed their babies in center-based programs, and during socializations for moms in home-based programs.

Share written materials and information on breastfeeding as part of an orientation packet with families upon entry into the HS, EHS or MSHS program.

Partner with agencies like La Leche League and WIC to provide consultants who can help facilitate discussion with staff and families around making the choice to breastfeed.



For More Information...check out these resources

Agency for Healthcare Research and Quality
United States Department of Health & Human Services

www.ahrq.gov/clinic/tp/brfouttp.htm

For further information:

(301) 427-1364

The CDC Guide to Breastfeeding Interventions

<http://www.cdc.gov/breastfeeding/resources/guide.htm>

For general questions and concerns:

Centers for Disease Control and Prevention

CDC Contact Center – 1-800-CDC-INFO

TTY – 1-888-232-6348

The National Women's Health Information Center at the Office of Women's Health

For specific questions and concerns:

Breastfeeding Helpline - 1-800-994-9662

TDD - 1-888-220-5446

<http://www.4woman.gov/breastfeeding>

The WIC Learning Center

http://www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html

Breastfeeding: A Parent's Guide (2000) (\$12.50)

This book provides an honest look at breastfeeding, separating fact from fiction. Parents are provided with clear instructions and helpful advice on breastfeeding for the newborn.

<http://www.amysbabies.com/shop>

Breastfeeding: Good for Babies, Mothers, And the Planet

This article outlines the benefits of breastfeeding to mothers and babies and gives the reader some other important related issues to consider.

<http://medicalreporter.health.org/tmr0297/breastfeed0297.html>



Upcoming EHS NRC Events Summer/Fall 2007

Mother's Milk: Welcoming and Supporting Breastfeeding in Your Program

This audioconference aired on May 23, 2007 from 2-3:30 pm (EST) and was designed to provide Head Start, Early Head Start and Migrant and Seasonal Head Start programs with information to support families in making the choice to breastfeed.

Missed the audioconference?

Click on the link to listen to the broadcast in its entirety in the Fall of 2007: <http://www.ehsnrc.org>



Quality Practices for Babies and Toddlers: Systems and Services that Work

The 11th Annual Birth To Three Institute was held on June 25-29, 2007 at the Marriott Wardman Park Hotel in Washington, DC. Sponsored by the Office of Head Start.

Weren't able to attend, be sure to log onto <http://www.ehsnrc.org> in August 2007 to view the webcast

It's Good for Them! Promoting Physical and Social-Emotional Development at Snacks and Mealtimes

This upcoming audioconference airs on August 1, 2007 from 2-3:30 pm (EST). Snacks and mealtimes are an important part of the day. In working through *Head Start Program Performance Standards*, your program partners with families in providing not only healthy nutrition to children, but also healthy interactions as they eat.

Registration materials available at <http://www.ehsnrc.org>