



August 2007

A Publication of The Next Generation Diaper Service & Breast-Feeding Supply * 3841 N. Oracle Road, Tucson, AZ 85705
office: (520) 747-4611, fax: (520) 745-2954 * e-mail: diapers@theriver.com * website: www.nextgenerationbaby.com

Burt's Bees Sale



- Buttermilk soap \$5.00
- Dusting powder \$6.00
- Therapeutic Bath Crystals \$10.00
- Wild lettuce toner \$9.00
- Complexion Mist \$9.00 (Lavender)
- Citrus Facial Scrub \$7.00
- Coconut Foot Crème \$8.00
- Natural Remedy Kit \$12.00
- Head to Toe Starter kit \$13.00
- Avocado Butter Hair treatment \$9.00
- Lip Gloss \$3.50 (Strawberry, Cherry)

Sale expires August 31st

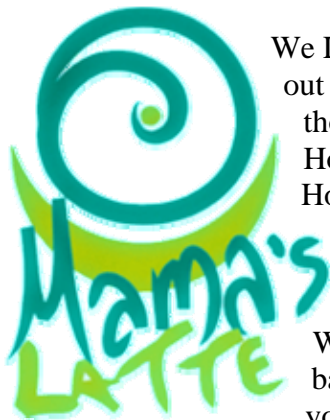
Inside This Issue:

- ❖ *Announcements – Page 1*
- ❖ *Mama's Latte Tip – Page 2*
- ❖ *World Breastfeeding week – Page 2*
- ❖ *Mom and Tot of the month... - Page 3*
- ❖ *Classifieds, Events, Groups – Page 4*
- ❖ *Summer Activities – Page 4*



Mama's Latte Tip for August

By TJ Marsh



We Lactation Specialists would throw out every clock in your house if we thought we could get away with it! How long should I nurse my baby? How long between nursing sessions? When should I switch breasts? So many moms stress unnecessarily over the guidelines. What is important to know is your baby's feeding cues to know when your baby is hungry. Know his

satiety cues, and trust that he can sense when he's full and stop nursing. And most importantly, know how to tell if your baby is getting enough milk. There are different kinds of sucking and the baby who needs to suck will suck non-nutritively to get the comfort he needs without overfilling his tummy. I need to offer this caveat: your newborn needs to feed about 8 to 12 times in a 24 hours period for the first couple of weeks. If he sleeps longer sometimes, expect him to adjust and feed more frequently later in the day.

Next Generation Families - Mom and Tot of the Month

Do you want to be featured in next month's newsletter? Answer the following questions and/or add your own story and picture and submit to diapers@theriver.com

- How long have you been using cloth diapers?
- What was your biggest challenge with cloth diapering?
- How old is your child and have you started potty training?
- How did you hear about cloth diapering - or what made you decide to use cloth diapers?
- What other non-mainstream things do you do (ie. breastfeeding, had natural child birth, etc.)
- What is your favorite thing about parenting?
- What is your child's favorite thing **to do**?
- Is there anything else you would like to add to your story?

ACTIVITIES



Farmer John's Birthday Party
Apple Annie's Orchard - 2081 W Hardy Rd,
Willcox, AZ 85643
520.384.2084 - <http://appleannies.com>
August 25-26
7 AM - 5:30 PM

To celebrate Farmer John's birthday, all of the You-Pick fruit and vegetables at both Apple Annie's locations will be specially priced at 20% off! Anyone sharing Farmer John's birth date of August 25 will be treated to a free apple-smoked burger lunch, served from 11 AM - 3 PM at the Burger Barn at the orchard.



Apple Harvest Celebration

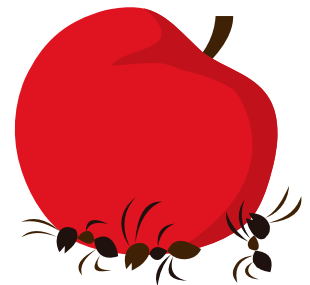
Apple Annie's Orchard - 2081 W Hardy Rd, Willcox, AZ 85643
520.384.2084 - <http://appleannies.com>
Labor Day weekend, September 1-3
7:00 AM - 5:30 PM

Celebrate the peak of the apple season with tree-ripened Red Delicious, Golden Delicious, Rome Beauty and Criterion apples. Experience the fun of picking your own apples, or select from already picked apples. Come early to enjoy the delicious "All You Can Eat" pancake breakfast served with hot apple topping or cider syrup, served each day from 7:00 AM - 10:30 AM. Apple-smoked burger lunches will be served from 11 AM - 5 PM. Free hayrides will take you to the orchards for picking; Asian pears and peaches will also be available for picking. Homemade apple pies are baked fresh daily, and don't miss the delicious "apple crumb pie ice cream", made in our Amish ice cream freezer powered by a 1932 John Deere engine. Hot roasted sweet corn will be available at our farm location.

Grandparents Weekend and Antique Tractor Show

Apple Annie's Orchard - 2081 W Hardy Rd, Willcox, AZ 85643
520.384.2084 - <http://appleannies.com>
September 8-9
8:00 AM - 5:30 PM

A special weekend for grandparents and grandchildren to enjoy together! Enjoy the tractor show featuring the "Power from the Past Antique Tractors & Engine Club". All grandparents accompanied by a grandchild will be treated to a free bowl of homemade ice cream!



Kidz klimb

Kids Climb lets kids climb without the adults getting in their way. Held every Saturday from 9-11AM. Cost is \$12. Our staff will belay for the kids so all they have to do is have fun. Admission closes at 9:30am, program ends @ 11am. 330 s. toole ave. suite 400, tucson, az. 85701 520.882.5924 www.rocksandropes.com



Misadventures of a Working & Pumping Mama (...with a little advice thrown in for good measure)

by Jeni Panhorst

I got myself all situated, put “Tab A” in “Slot A”, and turned the switch to “On”. My eyes widened at the rate that my nipples were stretched, like bubblegum, down the plastic funnels of my electric breastpump.

Thus, I experienced the first of my many (mis)adventures as a working and pumping mama. There was the time that I pumped while serving a week of jury duty: in the copy room of the courthouse, no lock, just a sign that read, “Nursing Mother. Do not Enter.” Then there was the time that my discrete attempt to pump during business travel inadvertently rallied the police and paramedics down the C concourse of San Jose International Airport. And of course, there were the seemingly countless weeks and months of pumping in the Mother’s Room at work.

Was perpetually hooking myself up to a “milking machine” my idea of fun? Surely not. Will I do it again for my next child? Absolutely.

When we had our first daughter, there was no question in my husband’s and my minds that we would do everything we could to be successful at breastfeeding. The benefits were without parallel, and our experience through 20 months of nursing proved that to be true.

We stumbled here and there but eventually settled on a routine that worked for us. When I returned to my full-time job, our dedication to breastfeeding required me to pump three times a day during business hours and nurse before and after work, and my husband to exclusively feed her expressed breastmilk at home.

Along the way, we swapped stories with other parents and soon realized we weren’t alone in this “game.” Since I need a primer before the arrival of our second daughter, I’d like to share some “working and pumping” tips with you.

Get support. First and foremost, your partner must support you in your efforts to breastfeed. Early on, this ranges from bringing the baby to you to nurse, fetching you a glass of water, and assuming burping duties. Later, this may also include helping store milk, sterilize breastpump parts and bottles, and agreeing on how bottle feedings take place.

It’s also critical to have the support and understanding of family and friends, which you can achieve by explaining to them the benefits of breastfeeding, and reiterating your commitment to succeed.

Develop a network. Become friends with parents who make breastfeeding a priority. Find a La Leche League or other breastfeeding support group in which you feel comfortable, and start attending meetings during your pregnancy. Get a recommendation for a lactation consultant before you need one.

Start pumping before you return to work. Using a breastpump for the first time can be quite daunting, but it’s essential to get your mind and body used to the pump before you need to rely on it. For example, determine the different speeds to use during a pumping session to obtain maximum milk output, consider upgrading your funnels, determine the most comfortable suction setting, and practice pumping until you empty your breasts. (See sidebar.)

Use bottles before you return to work. Acclimate your baby to the bottle before you return to work. For best results, make sure your baby is hungry, and have someone else feed her while you stay out of sight and smell range. From then on, feed her from a bottle on a semi-regular basis, so she doesn’t lose familiarity with the concept.

Continue to nurse whenever possible. Your baby’s suckling is the best signal to your body to keep milk production high. Only pump when you need to, and when you’re at home, nurse your baby.

Find a comfortable place to pump. Some workplaces provide Mother’s Rooms, but you can also utilize locked offices, private conference rooms, or even cars parked in a discrete area. If you must pump in a restroom, take extra care to sterilize your equipment. Wherever you are, make sure that you have enough time to set up, pump, and clean up, without fear of someone barging in on you.

Establish a pumping schedule. Working an 8-5 schedule, I pumped at 9:30, 12:30, and 3:30. Block off your pumping sessions on your calendar to avoid work conflicts. If you need to make up your pumping time, consider eating lunch at your desk or while you pump.

Establish a milk routine at home. Research guidelines for storing milk, including expiration times, storage containers, and sterilization methods. Depending on your baby’s needs, your care provider may be able to feed her tomorrow with the milk that you pumped today. Or, you may need to develop a longer rotation that involves freezing some or all of your milk. Set aside enough time to transfer milk and sterilize equipment and bottles.

Plan ahead for business travel. You can successfully pump while traveling for work! Just continue pumping on your regular schedule, and add additional sessions to make up for your baby’s nursing consumption.



You may need to use some creativity in finding places to comfortably pump. If you pump in an airplane restroom, alert the flight attendant that you plan to use that space for an extended period of time. If you're traveling to another company, inquire about their accommodations for pumping mothers.

Consider how you will store and transport your expressed milk. If you're taking a day trip, you can store your milk in a portable cooler with ice packs. If you're staying overnight, arrange to have a refrigerator in which you can store milk in your hotel room. If you're taking an extended trip, you will need to decide between "pumping and dumping", or shipping your milk, packed in dry ice, home.

Relax! Your milk will not letdown fully unless you're relaxed while you're pumping. If you have troubles with letdown or output, visualize or look at a picture of your baby or reading a relaxing book. Also, assume a comfortable posture (that still allows for pumping without spillage, of course).

Be realistic about your milk production. Some women can pump 6 ounces of milk from each breast at a sitting, but the vast majority cannot. If you are still concerned, there are foods and herbs you can try to boost production. You can also add an extra pumping session to your day, perhaps after your baby goes to bed, to signal increased demand to your body.

Don't feel guilty! It's easy to fall into a trap of feeling guilty about taking time off work to pump or spending that extra time at home with your milk routine, but take comfort in the fact that you're giving your baby one of the best gifts you possibly can.

Optimizing Breastpump Usage

- **Speed:** If your pump has a speed setting, start with the highest speed and then slow it down as soon as your milk starts to letdown. This cycle better simulates a baby's suckling pattern. Some pumps, like the Medela Pump-in-Style Advanced, have a feature to automate this cycle.
- **Funnel size:** Consider upgrading your breastpump "funnels." Most women, even those with small breasts or nipples, achieve greater milk output by using breastshields that are larger than the size that comes with their breastpump. Since it's good to have a spare set of pump parts on hand anyway, order the next size (or two) larger and try them out to see if you experience better results.
- **Suction:** If your pump has a suction setting, set it to the highest setting that's comfortable for you. Higher settings will just make your nipples sore and not provide any added benefit.
- **Duration:** Pump until you empty your breasts. A good rule of thumb is 20 minutes, which often includes two (or even three) letdowns, each one less volume than the one prior. But every woman will be different. The most important thing is that your breasts feel empty when you're done pumping, which will provide the strongest signals to your body to keep milk production high.

Recommended Resources

- American Academy of Pediatrics policy statement, "Breastfeeding and the Use of Human Milk": <http://pediatrics.aappublications.org/cgi/content/abstract/pediatrics;115/2/496>
- La Leche League: www.lalecheleague.org
- KellyMom: www.kellymom.com
- iVillage Breastfeeding Board: <http://messageboards.ivillage.com/iv-psbreastfeed>
- iVillage Working & Pumping Board: <http://messageboards.ivillage.com/iv-ppworkpump>

Copyright © 2007 Jeni Panhorst.

EVENTS

KIDS YOGA GARDEN

Little Bodies, Big Spirits Every Wednesday 3:45-4:30 FREE!

Storytime Yoga for kids ages 2-6 with parent participation.. Join us for our "informal" Yoga circle including storytime with yoga poses, music, dancing and lots of fun and laughter for parent/child. FREE! All classes are held at Three Jewels, 314 E. 6th ST, just west of 4th Ave. Carolina Freund, M.A., YKA 520-248-0226 carolinafreund@yahoo.com

Three Jewels KIDS' CLUB!

Activities and practice for kids ages 6-12. Informal and fun approach to dharma and compassion. Ongoing Wednesdays at 230 pm. Three Jewels, 314 E. 6 Street 207-9889 www.3jewelstucson.com

Have a recipe or product review to share in the newsletter? Those families that submit ideas, articles, recipes, etc. for our monthly newsletter will have their names put into a drawing, each month we'll give away a price such as free diaper service, baby care products, massages and much more.

Please email your ideas to diapers@theriver.com