



September 2022 Issue

WIC Program Newsletter

Office Hours

Monday - Friday:
8:00am - 4:15pm

Site Location & Dates

Currently Conducting
Remote Appointments

Breastfeeding Support Group

Please join us for our virtual breastfeeding support group! **Every Monday, Wednesday and Friday at 10am and Wednesday at 6pm.**

CEO's WIC Program

2328 Fifth Avenue,
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Website:

www.ceoempowers.org/wic

* This institution is an equal opportunity provider.



Photo courtesy of
<https://www.cbsnews.com/sacramento/news/no-cosleeping-safe-sleep-guidelines-for-babies/>

Sleep While You are Breastfeeding

Breastfeeding is a natural thing to do, but it still comes with its fair share of questions. Here's what you need to know about making nights easier for you and your baby.

Where Should My Baby Sleep?

It's a good idea to put your baby to sleep in your room without sharing a bed. That's because bed-sharing puts babies at risk of suffocation, strangulation, and sudden infant death syndrome (SIDS). Experts recommend room-sharing for at least the first 6 months of life, especially if you're breastfeeding.

Here are some ideas:

- Put a bassinet, play yard, or crib next to your bed. This lets you keep that desired closeness that makes it easier to breastfeed at night. It also lowers your baby's risk of SIDS.
- Don't let your baby sleep in the same room as someone who is smoking.

Also:

- Don't let your baby fall asleep on a product that isn't specifically designed for sleeping babies, such as a sitting device (like a car seat), a feeding pillow (like the Boppy pillow), or an infant lounger (like the Dock-a-Tot, Podster, and Bummzie).
- Don't use products or devices that claim to lower the risk of SIDS, such as sleep positioners (like wedges or incliners) or monitors that can detect a baby's heart rate and breathing pattern. No known products can actually do this.
- Don't use products that are weighted, such as a weighted blanket, sleeper, or swaddle.
- Don't use products that have not been approved by the U.S. Consumer Product Safety Commission (CPSC) as meeting federal safety standards for infant sleep products

How Should My Baby Sleep?

Always place your baby on the back to sleep, not on their stomach or side, to help lower the chance of SIDS. When babies can roll over easily from front to back and back to front, it's fine for them to stay in the sleep position they choose.

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Photo courtesy of <https://www.parents.com/baby/feeding/tips/31-breastfeeding-secrets/>

When picking out bedding for your baby, keep these tips in mind:

- **Use a firm sleep surface.** Cover the mattress with a sheet that fits snugly. Make sure your crib, bassinet, or play yard meets current safety standards.
- **Do not put anything else in the crib or bassinet.** Keep plush toys, pillows, blankets, unfitted sheets, quilts, comforters, sheepskins, and bumper pads out of your baby's sleep area. Make sure there are no items within reach that could pose a hazard to your baby, such as cords, ties, or ribbons.
- **Dress your baby for the room temperature, and don't overbundle.** Watch for signs of overheating, such as sweating or feeling hot to the touch.

How Can I Make Nighttime Feedings Easier?

To make nursing in bed more comfortable, keep a donut-shaped nursing pillow on or near your bed or use a "husband" back pillow with arms on each side. Keep the room dimly lit and any noises (talking, singing, etc.) to a minimum. This will help your baby realize that nighttime is for sleeping — not playing — and can help your baby fall back to sleep sooner.

When Will My Baby Sleep Through the Night?

Breastfed newborns' longest sleep periods are generally 2–3 hours — this is about how long their small bellies can go between feedings. If newborns do sleep for a while, they'll probably be extra-hungry during the day and may want to nurse more often. And just when you think that sleeping through the night seems like a far-off dream, things start to get a little easier. At 3 months, a baby averages a total of 5 hours of sleep during daytime naps and 10 hours at night, usually with an interruption or two. Most babies this age sleep "through the night," meaning a 5-6 hour stretch. But every baby is different, so don't be surprised if your baby sleeps more or less than others.

Will it Hurt My Milk Supply to Let My Baby Sleep?

Letting your baby sleep for longer periods (usually at around 3 months of age) isn't going to hurt your breastfeeding efforts. Your body readjusts your milk supply based on when you nurse and how much your baby needs. Some babies will sleep through the night early but will make up for it during the day, so your breasts will accommodate that. As your baby matures and starts taking solid foods, the need for breast milk will decrease and your body will adjust for that too.



Photo courtesy of <https://www.nbcnews.com/health/health-news/more-moms-are-breastfeeding-their-babies-not-long-enough-experts-n636216>