

Supporting Breastfed Babies in Child Care

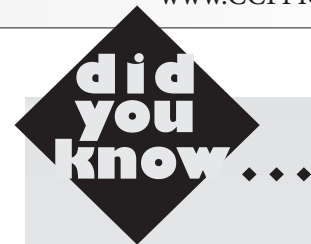
BREAST MILK PROVIDES UNSURPASSED NUTRITION and disease protection for a developing infant. Studies have shown that breastfed infants are healthier, less likely to develop chronic conditions such as obesity and diabetes and possibly do better in school. However, one-third of mothers return to work within 3 months after giving birth and two-thirds return within 6 months. Childcare providers can support breastfeeding by having a comfortable place for mothers to breastfeed their infant when dropping off, picking up and/or at the lunch hour. Providers and mothers feel comfortable when proper storage and handling of breast milk is understood and there is good communication about baby's feeding schedule. In addition, using good feeding techniques will minimize "nipple confusion", help baby adjust back and forth from breast to bottle and reduce the risks for promotion of over consumption associated with bottle-feeding. Over consumption may be one of the mechanisms that leads to increased risk of obesity seen in formula fed infants.



The following guidelines for bottle-feeding infants are suggested whether feeding breast milk or formula:

- Babies should be bottle-fed when their cues indicate hunger, rather than on a schedule.
- Hold the infant in a slightly upright position. Avoid letting the baby drink lying down which is associated with dental caries and increased frequency of ear infections.
- Choose a slow flow bottle nipple and offer 3 to 5 ounces for infants less than 6 months.
- Mimic the usual breastfeeding experience by feeding slowly over

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- ▶ **April 22nd is Earth Day**, first celebrated in 1970 to honor the earth and promote environment friendly living.
- ▶ **April is National Child Abuse Prevention Month.**
- ▶ **April 24–28th Is National Playground Safety Week.**
- ▶ Abusive Head Trauma, which includes Shaken Baby Syndrome, is the leading cause of child abuse deaths in children under 5 in the U.S.
- ▶ The most common trigger for abusive head trauma is inconsolable crying.
- ▶ Babies under one year of age are at greatest risk of injury from abusive head trauma.

Earthday.org, Childwelfare.gov, Centers for Disease Control and Prevention

Quotable Quotes

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

– Helen Keller

INSIDE:

- ◆ Preventing Abusive Head Trauma
- ◆ Celebrate Earth Day Activities

- ◆ Recipes
- ◆ Food Funny

Supporting Breastfed Babies in Child Care

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10 to 20 minutes so that the infant has time to feel his tummy is full before it is overfilled.

- Gently allow the infant to draw the nipple into his or her mouth rather than pushing the nipple into the infant's mouth, so that the baby controls when the feeding begins. Stroke the baby's lips from the top to bottom with the nipple to illicit a rooting response of a wide open mouth and then allow the baby to "accept" the nipple.
- Allow frequent pauses to mimic breastfeeding and reduce nipple "confusion."
- Do not force the baby to finish the bottle by pushing the nipple into the mouth, massaging the jaw or throat or rattling the nipple around in the infant's mouth.
- If the baby is routinely leaving extra breast milk, ask the mother to store breast milk in smaller quantities. The amount of formula prepared can also be adjusted to fit the infants' intake.
- If the infant does not finish the bottle, discard the remainder. If the infant finishes and is still hungry, offer more.

Benefits of feeding in this manner:

- Promotes consumption of appropriate volume
- Minimizes colic-like symptoms from distended stomach and over feeding
- Supports the breastfeeding relationship, promoting longer duration of breastfeeding

Handling and storing breast milk

Breast milk can be stored in glass, plastic containers or storage bags made for breast milk. Containers with breast milk need to be tightly sealed and labeled with the child's name and the date. Use refrigerated bottles of fresh breast milk within 72 hours. Breast milk can be stored in a 0°F freezer for 3 to 6 months. Keep milk well frozen in the back of the freezer if you don't plan to use within two days. Rotate frozen milk, using older milk first. Breast milk may separate into layers. Swirl gently before feeding, do not shake.

Safely thawing breast milk

Babies may drink milk cool, at room temperature or warmed. Do not thaw breast milk at room temperature.

Thaw milk overnight in the refrigerator or hold the container under warm running water to quickly thaw. You may place a sealed container in a bowl of warm water for 20 minutes. The "warm" water used to thaw breast milk should not exceed 98.6°F. Excessive heat destroys infection fighting properties of milk. Thawed milk is safe in the refrigerator for 24 hours. Do not refreeze. Never microwave breast milk or formula. This can lead to severe burns.

Nipples that may minimize "Nipple Confusion"

When babies have trouble breastfeeding after using artificial nipples it is usually because these two methods of feeding require different mouth and tongue motions and swallowing skills. Nipple confusion may also result from the infant's learned preference for a faster flow of milk. The following recommendations are from Diana West, International Board Certified Lactation Consultant (IBCLC), Registered Lactation Consultant (RLC):

No artificial nipple is like a human breast, however, ultrasound studies suggest that perfectly round nipples with a broad base, facilitate tongue and jaw motion similar to suckling at the breast. For newborns use a slow flow nipple. Silicone, rather than latex, is preferred to reduce risk of allergy.

Communication

Good communication between child care providers and mothers will help working moms continue to breastfeed longer. When enrolling a new infant, parents should fill out an *infant feeding plan* to help the provider understand current feeding practices at home. A written feeding plan can also start a dialogue with the parent about the child's eating habits while in child care. It is important for the parent to let the provider know the time of the last feeding before drop off and if mom will be coming during the day to breastfeed her child or arriving early to pick up her child which might affect the child's feedings before parent arrival.

For further information on breastfeeding visit www.kellymom.com

— Nancy Busby Hill, MS, RD, IBCLC

KIDS' HEALTH & SAFETY

Preventing Abusive Head Trauma

It's not just a Crime, It's a Public Health Issue

What Is Abusive Head Trauma?

Abusive head trauma (AHT), which includes shaken baby syndrome, is a preventable and severe form of physical child abuse that results in an injury to the brain of an infant or child. AHT is most common in children under age five, with children under one year of age most at risk. It is caused by violent shaking or blunt impact. The resulting injury can cause bleeding around the brain or on the inside back layer of the eyes.

Nearly all victims of AHT suffer serious, long-term health consequences such as vision problems, developmental delays, physical disabilities and hearing loss. At least one of every four babies who experience AHT dies from this form of child abuse.

Research shows that AHT often happens when a parent or caregiver becomes angry or frustrated because of a child's crying. The caregiver then shakes the child and/or hits or slams the child's head into something in an effort to stop the crying.

Crying—including long bouts of inconsolable crying—is normal behavior in infants. Shaking, throwing, hitting, or hurting a baby is never the right response to crying.

How Can Abusive Head Trauma Be Prevented?

You can play a key role in preventing AHT by understanding the dangers of violently shaking or hitting a baby's head into something, knowing the risk factors and the triggers for abuse, and finding ways to support parents and caregivers in your community.

If you are a parent or caregiver

- Understand that infant crying is worse in the first few months of life, but it will get better as the child grows.
- Try calming a crying baby by rocking gently, offering a pacifier, singing or talking softly, taking a walk with a stroller or going for a drive in the car.



- If the baby won't stop crying, check for signs of illness and call the doctor if you suspect the child is sick.
- If you are getting upset or losing control, focus on calming yourself down. Put the baby in a safe place and walk away to calm down, checking on the baby every 5 to 10 minutes.
- Call a friend, relative, neighbor or parent helpline for support.
- Never leave your baby with a person who is easily irritated or has a temper or history of violence.

If you are a friend, family member or observer of a parent or caregiver

- Be aware of new parents in your family and community who may need help or support.
- Provide support by offering to give a parent or caregiver a break when needed.
- Let the parent know that dealing with a crying baby can be very frustrating—especially when tired or stressed, but infant crying is normal and it will get better soon.
- Encourage parents and caregivers to take a calming break if needed while the baby is safe in the crib.
- Be sensitive and supportive in situations when parents are trying to calm a crying baby.

— Adapted from Centers for Disease Control and Prevention

Brunch Enchiladas

Eggs, hard cooked, chopped..... 8	Taco seasoning..... 2 tsp
Cream-style corn..... 1 can (8 oz)	Salt..... ¼ tsp
Cheddar cheese, shredded..... ⅔ cup	Corn tortillas, warmed..... 8
Green chilies, chopped..... 1 can (4 oz)	Enchilada sauce, mild..... 1 cup
	Greek yogurt, plain (optional)..... 1 cup
	Avocado, (optional)..... 1

Combine first six ingredients. Spoon ½ cup of mixture down the center of each tortilla. Roll up and place seam side down in a greased baking dish. Top with enchilada sauce.

Bake, uncovered at 350°F for 20–25 minutes until heated through. Serve with plain yogurt and avocado if desired.

Yield: 8 servings

Meets requirement for grains/bread and protein/meat alternate

— American Egg Board

Bluebird Nests

Egg whites..... 3
Cream of tartar..... ¼ tsp
Salt..... pinch
Sugar..... ¼ cup
Coconut, flaked..... ¼ cup
Blueberries..... 2 cups
Yogurt (optional)

1. Preheat oven to 225°F. Line a baking sheet with parchment paper.
2. With an electric mixer, beat egg whites, cream of tartar and salt until foamy. Slowly add the sugar while continuing to beat, until stiff peaks form.
3. With a spoon, spread 4 wide “nests”, pushing the meringue from the middle to form a rim. Sprinkle each with 1 Tbsp of coconut. Bake for 1 hour and 45 minutes. Turn the oven off and leave the meringues in the oven an additional 2 hours or overnight.
4. Remove nests from cookie sheet and spread with yogurt, if desired. Fill nests with blueberries.

Yield: 4 servings

Meets requirement for fruit/vegetable

— Adapted from *Healthy Food for Healthy Kids*

Activity Corner

CELEBRATE EARTH DAY



Ten fun and easy activities to celebrate Mother Earth on April 22nd.

1. Take children to the park and bring a picnic lunch or snack.
2. Pick up litter at the park or another favorite public place.
3. Walk or ride bikes to school or another place you might normally drive.
4. Read green-themed books from the library with children.
5. Round up gently used children’s books and donate them to the library.
6. Plant seeds in the garden or in a planter box or flower pot.
7. Make a meal using food from local farms.
8. Show children how to separate trash into recycle, compost and landfill garbage.
9. With paint, paper, glue etc. repurpose an empty yogurt or other plastic container into a pencil holder.
10. Go shopping at a consignment or thrift store.

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Food Q: What do you call a sleeping egg?
Funny A: Eggshhausted!