

HOWELL COUNTY
HEALTH DEPARTMENT

AUGUST CALENDAR

WIC: 4, 5, 7, 11, 12, 13,
14, 15, 19, 20, 22, 25, 26,
28, 29

Willow Springs WIC: 6

Mountain View WIC: 1/2
day-8, full day-27

Family Planning: 12, 20,
29

Immunizations: 5, 7, 13,
21

Food Handlers: 11, 25

**Breastfeeding Support
Group:** 5

Holiday's (closed): None

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

VOLUME 145

AUGUST 2014

The Big Latch On: Let's Go Wild

WHAT IS THE BIG LATCH ON?

Groups of breastfeeding women coming together at registered locations around the world to all latch on their child at a set time. All the breastfeeding women and children are latched on for one minute at the set time and are counted by the witnesses. The numbers are added up and we see if we can beat previous Big Latch On records!

The Big Latch On supports communities with identifying and growing opportunities to provide ongoing breastfeeding support and promotion.

The key to the Big Latch On's success is allowing communities to hold their

Big Latch On events, empowering them to create an event that relates to the



Breast Feeding is Best

people of their community, while still taking part in a worldwide event.

This year the Howell Co Health Department will host its 3rd annual Big Latch On Event on Friday, August 1st. The event will start at 10 am at the health depart-

ment and the theme is "Let's Go Wild".

The "Latch On" will be at exactly 10:30 am. Then there will be a speaker, awards, door prizes and refreshments for all attending.

There will be exhibitors that will be attending with information and products for mom and baby.

Please join us to promote breast feeding and help make this year even bigger than last years record of 20 babies latched onto 19 moms.

For more information call 417-256-7078 and ask to speak to Laura Wake or April Bridges.

Benefits of Breastfeeding

Breastfeeding is the best start you can give your baby and here are some of the many benefits to why breastfeeding is best.

Human milk is uniquely suited for human infants. Human milk contains

more than 200 components that babies need in the early months of life.

Factors in breast milk protect infants from a wide variety of illnesses, children who have been breastfed have less risk of becoming overweigh or

obese, even as adults and research has shown that children who had been breastfed have higher IQs. Breast fed babies have less chance of having allergies, asthma and eczema.



If you can breast feed your baby!

Breastfeeding can help you lose weight and save your family money .

Employer and Employee benefit from Breastfeeding Friendly Worksites!



Why Mother's Think Milk is Drying Up

At times mothers can become worried about their milk supply, especially new mothers.

Part of the normal process is that by about the time baby reaches 6 weeks to 2 months in age, mother's body has learned how much milk to make. Around this time, many women no longer feel full. In addi-

tion, baby may be only nursing for five minutes at a time. **These are not signs of decreased milk supply or mothers milk is drying up**, they simple mean that both mother and baby are becoming more adept at breastfeeding.

Growth spurts generally occur around two to three weeks, six weeks and

three months of age or they many happen at any time. These are days when baby may want to nurse longer and more frequently to build up mother's milk supply. Follow baby's lead on this by letting him/her breastfeed as often and as long as he/she wants. This will help bring up the milk supply quickly. Breasts work on the law of supply and demand.

Breastfeeding Helps With.....

Breastfeeding helps the uterus to shrink to its pre-pregnancy state.

Mothers who breast feed for at least 3 months may lose more weight than mothers who do not breast-feed.

Breastfeeding reduces the risk of breast and

ovarian cancer and may reduce the risk of osteoporosis.

Breastfeeding is economical. The cost of formula has increased 150% since the 1980's. It also reduces health care costs.

Breastfeeding is environmentally sound. Unlike

infant formula, breastfeeding requires no fossil fuels for its manufacture or preparation. Breastfeeding reduces pollutants created as by-products during the manufacturing of plastics for bottles and metal for cans that contain infant formula. Breastfeeding also reduces the burden on our landfills, as there are no cans or bottles to throw away.

Become a Breastfeeding Friendly Worksite

The Missouri Department of Health and Senior Services has launched a *Breastfeeding Friendly Worksite* award program. The goals are to 1. recognize employers that support breastfeeding women, 2. increase awareness about the

Fair Labor Standards Act requirement for worksite lactation support and 3. provide technical assistance to employers wanting to improve their lactation support benefits.

There are many benefits to employers like cost sav-

ings due to reduced absenteeism, lower health care costs, improved employee productivity and increased ability to attract & retain valuable employees.

For more information about the program or to find out how to participate call Howell Co Health Department today!



Howell County Health Department

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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Coconut Milk Banana Dairy Free Ice Cream www.eatingwell.com

Makes: 12 servings, about 1/2 cup each

Active Time: 15 minutes

Total Time: 15 minutes (plus 12+ hours banana-freezing time)

Ingredients

- 8 very ripe bananas
- 1/2 cup melted coconut meat (see Tips), such as coconut butter or coconut manna
- 1/2 cup “lite” coconut milk
- 1/4 cup agave syrup or honey
- Pinch of salt
- 1/4 cup unsweetened shredded coconut, toasted (see Tips), plus more for garnish

Preparation

1. Peel bananas and cut into quarters. Freeze in an airtight container until completely frozen, at least overnight.

Place frozen banana pieces, coconut meat, coconut milk agave (or

honey) and salt in a food processor fitted with a metal blade. Pulse and process until smooth, scraping down the sides as needed. Add shredded coconut and pulse once or twice just to combine. Serve immediately as soft ice cream, garnished with coconut (if desired). Or transfer to an airtight container and freeze until firm. Let stand at room temperature for 5 minutes before



A Cool Treat on a Hot Summer Day!

scooping.

Tips & Notes

- **Make Ahead Tip:** Store airtight in the freezer for up to 1 week.
- **Tips:** Coconut meat is solid at temperatures below 76°F. To melt solidified coconut meat, remove the lid and place the container in a bowl of very hot water; stir frequently until melted.

To toast shredded coconut, place in a small dry skillet and cook, stirring often, until golden, about 5 minutes, or spread in a shallow baking dish and bake at 350°F until light golden and fragrant, 5 to 10 minutes.

Nutrition

Per serving: 171 calories; 8 g fat (7 g sat, 0 g mono); 0 mg cholesterol; 26 g carbohydrates; 5 g added sugars; 2 g protein; 4 g fiber; 19 mg sodium; 291 mg potassium.