ediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

infant formula that comes in an has every day. Nursing moms do easy to open package, requires no not need to stop breastfeeding mixing, no mess, no bottles, no when they return to work sterilizing, and no warming. It is because there are ways to contin-less expensive than all other formulas on the market, offers better nutrition for your child, promises protection against stomach infections, ear infections, eczema, operated and electric. The eleccolic, and constipation, and may tric pumps work best and can even prevent allergies later in often be rented at reasonable life. Sound too good to be true? prices. Mom can pump during It's not. In fact, it isn't; new.It's work hours and freeze the milk the old fashioned and completely for later use. Yet another benefit natural way to to feed a baby- of breastfeeding is that nursing breastfeeding. Breastfeeding moms tend to get back into shape used to be the only way to feed after pregnancy quicker than infants. Then science thought it those who don't nurse could out do nature and formulas Breastfeeding burns calories and concluding that, for most moms ual weight loss over the first few and most babies, breastfeeding is months after giving birth. more beneficial than bottle-feed- Breastfeeding is not only nutriing with formula. The American tional better for baby, it is psyfeed infants for the first year of physical closeness leads to better life. Human breast milk is an bonding and attachment, and amazing substance. It contains substances released during grow healthy and strong: fat, car- and feelings of contentment in bohydrates, protein, calcium, the mother. And don't worry iron, water, vitamins, and other dads, once months breast milk is

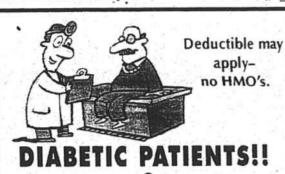
substances that are not included in formulas. Right after birth, a mother's breasts produce "colostrum" a deep lemon yellow colored milk (sometimes called "pre-milk"). Colostrum is impossible to reproduce. It contains a let of artibodica practice which sometimes that are not included to weeks), mom can pump the milk from her breasts, put it in a bottle, and join you in on the bonding with your baby! If you are interested in reading more about breastfeeding, here are a few goods: Breastfeeding Your Baby lot of antibodies--proteins which goods: Breastfeeding Your Baby protect the baby from infections Womanly Art of Breastfeeding by of all kinds. After a few days, baby grows, the exact ingredients Nursing Mother, Working of the milk change to meet the Mother: The Essential Guide for infants changing needs. Some Breastfeeding by Gayle Pryor. parents worry that a breast-fed infant is not getting enough milk, and switch to formula so they can measure how much milk the baby drinks. However, there are a number of simple ways to make sure a baby is well-nourished: you can check how much weight the baby is gaining, and you can count the number of wet diapers

What if I told you there is a new and bowel movements the baby

were developed. However, there helps the body expel excess fluhave been many scientific studies ids and tissue, resulting in a grad-Academy of Pediatrics currently chologically and emotionally recommends that mothers breast- healthier for mom and baby. The everything an infant needs to breastfeeding cause relaxation substances that are not included coming in well (after a few

mom's breasts begin to produce Gwen Gotch, Judy Torgus and La regular breast milk, and as the Leche League International





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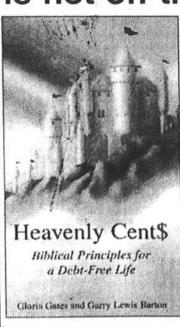
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3 John 1:2 declares: "Beloved, I wish above all things that thou may prosper and be in health...

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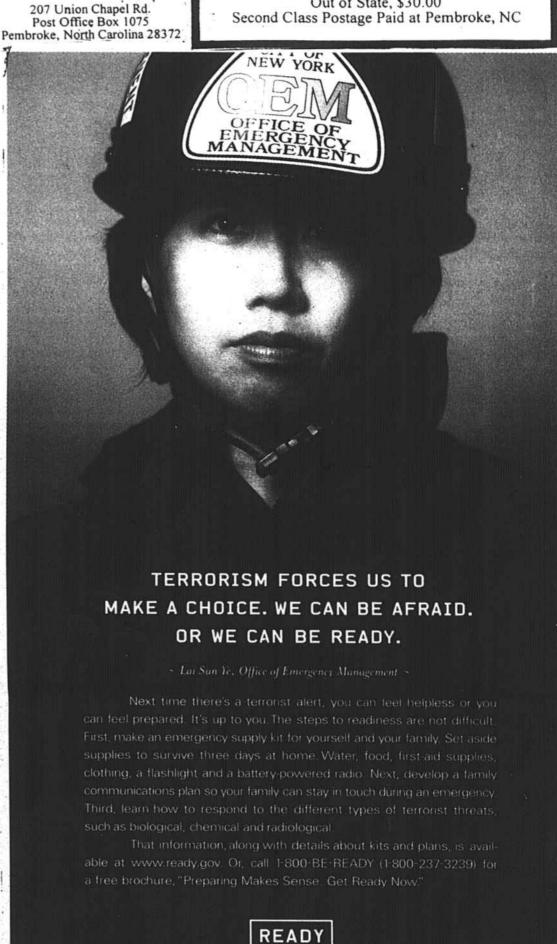
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Ad

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