

# Baby's Best Protection

## Breastfeed at least until cold and flu season is over!



Recent news reports indicate that newly delivered mothers are one group at highest risk for this season's flu virus, especially H1N1. Studies by the Centers for Disease Control and Prevention (CDC) and the California Department of Health suggest that new mothers and their babies are at greater risk than much of the population when it comes to resisting the flu. Therefore, it is important to follow the CDC's guidelines for staying healthy during cold and flu season if you are pregnant or have just delivered a baby.

First, the CDC always recommends frequent and thorough hand washing to prevent transmission of the flu virus, as well as avoiding contact with visibly ill people. Keeping your hands away from your eyes, nose, and mouth is an important strategy. Receiving the influenza vaccination is recommended, and since babies are not able to receive the shot, the CDC has pointed out that breast milk is the "best way to protect the infant." This agency has also pointed out that "babies who are not breastfed get sick from infections like the flu more often and more severely than babies who are breastfed."

For these reasons, the most effective protection you can provide for your baby during the cold and flu season is to keep him breastfed until the seasonal risk has passed. There has never been a more important time to focus on your baby's health!

## Finding a Lactation Consultant when you need help.

Some women find that breastfeeding comes very easily, while others may find the first few weeks to be challenging. If you are a new or expectant mother who would like to succeed at breastfeeding, but you encounter struggles along the way, it is important to get skilled lactation help before the little issues become big ones. A board certified lactation consultant (IBCLC) is a practitioner who has the special skills and experience that are needed to get you and baby through the challenges so that you can reach the smooth road that lies ahead. Your doctor can recommend a consultant, you can review the directory listing on the following website: [www.ilca.org](http://www.ilca.org), or simply call Tess Johnson Lactation Services for gentle and skilled lactation care in your own home!



Tess Johnson Lactation Services  
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*Breastfeeding does not have to be difficult. Just like anything else that is new, practice and patience will help you succeed. Call Tess for gentle and skilled lactation care in the comfort of your own home.*