



# Natural Nurturing

## To DyDee Baby Parents,

National Holidays are approaching. Before we get all caught up in the consumerism that is part of our culture, we want to encourage you to celebrate your family's health (at whatever level it is). Our health contributes to our energy, optimism and ability to nurture; daily gifts that we give to our family and friends. **Of all the "gifts" we can give, remember these are the most important. We wish you and your family joy filled holidays!**

Now that your baby has arrived, your focus has changed to providing the best care you can for your precious little one. We've included information to help you understand more about some of the options you have....

## Breastfeeding

Most women have heard that breastfeeding is better for your baby, but do you remember why? We encourage you to educate yourself so you can make informed choices for you and your baby.

- Your baby will receive natural protection from many illnesses with antibodies in your breast milk, in addition to improved intestinal development, bone density and protection against allergies and asthma.
- Breast milk is extremely healthy because it contains **just the right amounts** of proteins, fat, vitamins, minerals, etc. that your baby needs **without** any artificial flavor, colors or preservatives.

La Leche League International <http://www.llli.org/> is the premier authority on breastfeeding benefits and the research that supports it. We found some interesting articles on their site. *Duration, Intensity and Exclusivity of Breastfeeding* by Cindy Harmon-Jones details research findings that indicate remarkable protective benefits to your baby, not just when they are young, but also as adults. There are also some excellent videos at [www.breastfeeding.com](http://www.breastfeeding.com)

The breastfeeding experience is different with each baby. Some mothers experience no issues with their milk "coming in" or their baby "latching on", while other mothers sometimes struggle. La Leche League has established regional support groups (which can be found on their website) that assist parents through all types of concerns, issues and problems.

## Doulas

### What is a doula and where do I get one?

Until recently, I didn't know what a doula is, and it occurred to me that some of you may not know either! There are different types of doulas, some assist moms *prior to birth* and others assist *post-partum*. As you may know, challenges faced by new mothers are often best navigated with a coach. A doula is like a personal coach who has the answers and resources to help you through pre and post birth challenges and can be there for you during birth.

Most certified doulas are a member of the Dona International (<http://www.dona.org/>). Many hospitals can also refer you to a doula. For more information about doulas see <http://center4cby.com/all-about-doulas.html> in Ann Arbor and <http://birthkalamazoo.com/home.html> Kalamazoo

## Baby Wearing

Your baby's favorite thing - being close to you. They love the touch of your skin, the smell of your skin and hair and the sound of your voice. All of these things help them bond with you. It's easy to hold your baby a lot when you first get home. It's harder once you've figured out a routine and you're trying to accomplish things in between feedings. Using a baby wrap (to wear the baby in front) keeps your baby close to you and gives you two hands to work with to accomplish household tasks! If both parents practice this, soon you'll find you can do an amazing amount of things (in and out of your home) wearing your baby!

## Calling Dads, Grandpas and Uncles

Research shows that a close male-to-child relationship helps children. Males without child-rearing experience may feel a bit vulnerable and left out; one needs to realize babies are vulnerable too! We encourage you to jump right in by helping with as many things as you can. Babies don't know the "right way" things should be done, they are just happy to have your attention! You can help right away with night feedings (breast milk can be pumped and stored in

a bottle), changing diapers, baths, singing while you carry or rock them, and letting the baby explore your face. Reading to your newborn is one of the best ways for babies to learn language and the sound of your voice makes them feel safe. You'll learn how to read the baby's cues when he/she is tired, has gas, or needs a diaper change. Try to stay informed by reading or joining on-line support groups where you can track and learn more about your baby's development stages. Then, when "mom" needs a break, you won't feel so awkward; you'll already know how to care for the baby!

### CONNECT TO COTTON

We have been working on a way to **provide information to support those who want to be more confident in diapering their baby, prospective cotton diaper users, and people who have already made the decision, but are unsure they will stick with it.** The result is our 35 minute **Connect to Cotton Diapering Class**, followed by 25 minutes of interaction.

If **you are not completely happy** with cotton diapering, regardless of the reason, **please call us** so we can understand any problem you may be experiencing and give us an opportunity to suggest some additional solutions. **Our new Boutique offers some products that may assist you, (see our Partners web page).** We are here to support you and answer your questions. If the timing is right for you, plan to join our next "Connect" where you can see and feel accessories that can assist you (sometimes one thing makes a big difference) and talk with other moms. For the next class date and time, check our web home page.

### GREENER HOUSEHOLD PRODUCTS

There's new evidence that *newborns have trace levels of toxic chemicals in their bodies passed on by their mother's exposure to those chemicals.* Obviously, breastfeeding mothers are super cautious about what they ingest. Now all moms need to be cautious about what we touch and smell. In addition, the *American Assoc. of Poison Control Centers state that accidental poisonings occur in the home every 30 seconds!* So what we keep in our cabinets matters greatly. Do some research on the web to find products that are made from all natural ingredients or better yet, look for recipes like the one below that use baking soda and vinegar to accomplish many cleaning jobs.

### GREENER WAY TO WIPE YOUR BABY

Tired of buying diaper wipes and seeing them go in the trash? Make your own baby wipe solution, squirt it on your baby and wipe it off with a washcloth? Here's a solution we liked: To 16 oz of water add 1 tsp baby liquid soap, 1 tsp baby oil, 2Tbsp aloe vera.

### GREEN BABY BOOKS

Innovative Kids (<http://www.innovativekids.com/>) is a company who make some great products. We saw some of their books and puzzles in a store the other day; wait until you see them! These books are made from 98% recycled material AND they teach our kids why reduce, reuse & recycle is important!

### Earn Money With New Customer Referrals

The #1 way new customers hear about us is through YOU! So we would like to say THANK YOU and give you a **\$10 credit on your diaper service account** for every new customer that you refer to us. The new customer needs to mention your name when they register for the service.

### Websites with good information:

**DONA International** – Answers common questions about doulas and provides a doula locator.

**Le Leche League International** –breastfeeding information, advice, meeting locator.

**Mothering Magazine Online** –dedicated to natural pregnancy and parenting.

### Recommended reading:

*101 Reasons to Breastfeed Your Child* by Leslie Burby (<http://www.promom.org/101/>)

*The Daily Green* (<http://www.thedailygreen.com/>) is an excellent resource for green ideas that range from recipes made from all natural ingredients to the latest in sustainable and environmentally safe products, plus a whole lot more.