JULY 1ST WEEK

Monday Motivation

Be a star and follow the ‘milky’ way.

Okay, it’s not really about the galaxy but breastfeeding. By exclusively breastfeeding your child for at least six months, you’ll be their superstar because you’re giving them a good mix of vitamins, fat, and protein that they need to thrive and grow.

What other good stuff does breastfeeding provide to your baby? Here’s a good list from @WHO:

- Antibodies for busting off viruses and bacteria
- Immunity against allergies and asthma
- Resistance against respiratory illnesses, ear infections, and diarrhea
- Fewer tummy issues than when bottle-fed
- Higher IQ in later stages of childhood
- Stronger bond with mom
- Proper weight for their age
- Prevention of sudden infant death syndrome (SIDS)

Wednesday

Myth: Small breasts don’t make enough milk.

Not true, indeed! With breastfeeding, breast size DOESN’T matter.

“There was no correlation between breast size and breast milk production. The conclusion was that breast size does not determine the quantity of milk”, confirms a Nigerian study published by J. K. Renner, A. O. Adewole, and M. Apena.

When a woman gives birth, her breast tissues grow in response to the demand for breastfeeding. These functional tissues are where the milk ducts are located, rather than the fatty tissue that’s responsible for breast size.

So don’t worry if you’re an A-cup mom. Be confident with your breasts – they are well equipped to provide the milk your baby needs.

Friday

Join our July Milk Drive! Newborn babies need your milk. Be a milk donor today!

Necrotizing Enterocolitis, a gastrointestinal disease, is one of the top killers of newborn babies to date. This disease causes holes in the intestines, resulting to waste and bacteria entering the

intestinal tract and ultimately causing severe infections. But if babies receive breastmilk at this crucial stage, their chances of survival increase by 79% according to UNICEF.

You, too, can help cut the preemie babies' stay in NICU by half. Pack your milk today and donate it to us. Donating wouldn't take a lot of your time. Plus, you'd get to save lives and help babies get healthy. Milk donors can call us at (408) 998-4550.

Also, please help us share this post to SPREAD THE WORD. Infants in homes and hospitals are in URGENT need of quality breastmilk!

JULY 2nd WEEK

Monday Motivation

Breastfeeding humor: Who can relate?

You know you're breastfeeding when…

- You have forgotten what an underwire is. Isn't it the thing that gets the cable TV into the house?
- The delivery man rings the doorbell and you come rushing to the door to open it only to realize your shirt is still up your breasts. Yikes!
- You sometimes call yourself a milk truck. As in, "Don't cry sweetie, here comes the milk truck!"
- Being able to pump 4 ounces of milk in one sitting feels like you've won the lottery or something.
- Your biggest achievement in the past 6 months isn't a huge project at work, but how you've successfully learned how to nurse your baby one-handed while talking to a friend on the phone. You rock, mom!

What's your funniest experience while breastfeeding?

Wednesday

Myth: Babies that feed a lot don't get enough milk.

Breastmilk is 88% water, which means it's easily digested by infants compared to formula milk. This also means they can get hungry sooner than bottle-fed babies. In general, newborns feed every two to three hours. However, there are some that sleep more throughout the day.

If you think your baby isn't getting enough milk, observe to see how many diapers he soils. Ideally, he should have at least 6 wet diapers and 2-3 stools daily. You can also ask your pediatrician to do a weight check if you're worried that your baby isn't getting enough from your breasts. They should be able to tell you what's normal and what isn't.

Friday

URGENT: Newborn babies need you! Donate your milk today!

We're deeply moved and grateful to our warrior mommas who donate as much milk as they can. However, the demand is extremely high; that's why we're reaching out to big-hearted mommas out there. If you have milk to share, please call us at (408) 998-4550 and we'll help you donate the easiest way possible.

Donating your milk helps save the lives of premature children and those with moms who cannot nurse their own babies. Let's help infants get the most nutritious food they could ever have in the first days of their lives.

Please also share this post to spread awareness. A little help goes a long way and is deeply appreciated!

JULY 3RD WEEK

Monday Motivation

Funny breastfeeding facts to give you plenty of LOLs:

- Have you ever used a breast pump? Great! Now, you now know how cows feel. As amazing and useful as breast pumps are, you can't avoid feeling like a cow being milked. That's a fact.
- Run out of milk in the fridge for your coffee? Good news, you've always got milk available. If it's good enough for your baby, it's a superfood that good enough for you too.
- A baby, after breastfeeding, may look a lot like a drunken man leaving the bar. But no, they are not tipsy, only tummy-full with milk that they get happy, giggly, or most of the time, sleepy. Cherish the moment by taking a video of your "drunken" baby and keeping it for future use (wink!).
- Babies are born to breastfeed, that's a fact. Also, they're born knowing how to find a nipple. Yes, yours, your husband's, and definitely their grandma's.

Got a funny breastfeeding fact to share? Comment down below!

Wednesday

Myth: Giving your breasts "rest" can help replenish your milk supply.

When it comes to breastmilk, it's all about supply versus demand. Therefore, the more you nurse, the more milk you're going to make. In fact, if you do take a break from breastfeeding, you're going to decrease milk supply rather than increase it.

The myth originated from moms' experiences, where more supply is seen when feeding or pumping. But know that you're going to have less milk the next day if you skip feeding. The only possible way to keep the milk coming is to nurse at least 9-10 times a day.

Know someone who needs breastfeeding facts? Tag them to let them know!

Friday

Got milk? We need you!

Every pack of breastmilk donated can make a huge difference in the lives of premature babies who have special nutritional needs. Become a breast milk donor today by calling (408) 998-4550.

We make donating super easy – it won't take much of your time. What's more, in addition to helping preemies who are in the neonatal intensive care unit (NICU), you'd get to help new moms with inability to breastfeed feed their babies with the most nutritious food life has to offer.

Join our July Milk Drive. Be a milk warrior today!

JULY 4TH WEEK

Monday

"Human milk is like ice cream, penicillin, and the drug ecstasy all wrapped up in two pretty packages." — Florence Williams, author of Breasts: A Natural and Unnatural History

Funny as Williams quoted, but everything she said was true. Sugars in breastmilk contain antibacterial properties, more like penicillin. It's like ice cream, sweet but without the dairy. It's a lot like drug ecstasy – it makes the baby happy and ecstatic right after every feeding.

Breastmilk is one of nature's wonders indeed. Let your baby experience the wonderful benefits by feeding them for at least the first 6 months of their life.

Wednesday

Myth: Breastfeeding hurts.

Experienced moms will probably tell you that breastfeeding hurts, but in reality, it shouldn't. If you're a new mom and enduring breastfeeding pain, you could be doing it wrong.

If you're shaking, cringing, or having bleeding nipples, there could be a problem in the way your baby latches. Initially, you might feel a tingling sensation, but never any intolerable pain. If pain doesn't go away with every feeding, it's best to get help from your trusted lactation consultant.

Friday

Help save our babies! Donate breastmilk today!

Premature babies in the NICU and moms who are unable to breastfeed need all the milk they can get to help babies surpass the critical first days of their lives. Preemies are usually deprived of milk because most of the time, their mothers are ill or have poor breastmilk supply.

Donating also helps the donor, helping them produce more milk and ward off the risk of breast and ovarian cancer.

Mothers' Milk Bank's mission is to ensure that every needy infant has access to safe human milk 24/7. You can join our July Milk Drive by calling us at (408) 998-4550.

SHARE THIS POST to help save our babies. Every donation counts!