

## In this Issue:



# Northwest Connection

## FAMILY RESOURCES

October/November/December 2016

### Breastfeeding: The Best Start for Baby and Mom

We know from research that babies that are breastfed have fewer ear infections, asthma, and pneumonia. They have less gas, constipation, and diarrhea. Breastfed babies have less risk of SIDS and less risk of diabetes and obesity in childhood and as an adult.

Research shows that breastfeeding also has benefits for mom. Breastfeeding mothers have less bleeding after childbirth and tend to lose weight quicker. Lower risk of breast, ovarian, and uterine cancers, diabetes, and heart disease are all attributed to breastfeeding.

Let's compare what we know is in breast milk to what is in formula. As you can see the breast milk column is much longer than the formula column. We know that breast milk contains over 200 nutrients. Studies continue to show us more and more benefits of breast milk.

Breast milk	Formula
Water	Water
Protein	Protein
Carbohydrates	Carbohydrates
DHA/ARA	DHA/ARA
Fat	Fat
Vitamins	Vitamins
Minerals	Minerals
Prebiotics	Prebiotics (not in all formulas)
Probiotics	Probiotics (not in all formulas)
Anti-Parasites	
Anti-Allergies	
Anti-Virus	
Hormones	
Disease Fighting Stem Cells	
Enzymes	
Growth Factors	
Anti-Cancer (HAMLET)	
Antibodies	



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I could list pages of the benefits of breastfeeding and how breastfeeding affects your baby's physical, social, and psychological wellbeing. What you probably want to know is how to actually put your baby to breast and feed him. Let's talk about that. The best ways to learn how to breastfeed your baby are to go to a breastfeeding classes and to observe moms breastfeeding their babies. The more knowledge you have the more likely you will have a successful breastfeeding experience. I would like to give you a few tips, however.

Before baby arrives:

1. Go to breastfeeding class (Hayward Hospital has several throughout the year).
2. Go to [kellymom.com](https://kellymom.com), a breastfeeding website, and learn as much as you can.
3. Attend a breastfeeding support group. You will learn a lot from experienced mothers.
4. Ask questions. Find someone knowledgeable in breastfeeding and ask them questions.
5. Learn what these phrases mean. Big, wide open mouth. Nursing on demand. We know how much is going into a breastfed baby by how much is coming out of that baby. Yellow poop by day 5. (Going to a breastfeeding class or to the breastfeeding support group is a way to learn the meanings)!

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## Breastfeeding: The Best Start for Baby and Mom Continued

After baby arrives:

1. Breastfeed on demand, this means whenever baby shows early signs of hunger. This includes licking lips, smacking lips, hands to mouth, and looking for the breast. (Crying is a late sign of hunger). You can NOT spoil your baby by feeding him/her often.
2. Breastfeed where you are comfortable and you and baby are safe.
3. Get help! Get help! Get help! If you have trouble, are in pain, or are worried about yourself or baby GET HELP! Call your WIC Peer Counselor, call your doctor's office, call the OB department at the hospital, call a friend or family member who has breastfed, we all want to help you succeed.

A breastfeeding support group meets the 2nd Wednesday of every month at Northwest Connection Family Resources from 6:30 - 7:30 pm. This group is open to all breastfeeding and pregnant women and their support persons. We meet in the playroom, and welcome children as you are able to supervise them while we learn and share. Please note that you will probably see breastfeeding when you come! Please call Deb at 715-558-3379 with any questions you may have about the breastfeeding support group.

Breastfeeding Support Group is brought to you by Northwest Connection Family Resources and Sawyer County WIC. WIC is the Women, Infants, and Children Nutrition Program. It helps pregnant women, infants, breastfeeding women, and children up to age 5, who qualify, purchase healthy foods. At WIC you will also receive breastfeeding support including education before and after baby arrives and hands on help, if needed. You are income eligible for WIC if you receive Kinship Care, W-2, or Foodshare. You may be income eligible if you are currently receiving Medicaid or BadgerCare Plus. Please call Sawyer County WIC at (715) 638-3404 or (800) 569-4162 Ext. 2404 with any WIC questions and to see if you qualify. WIC is an Equal Opportunity Program.

Breast milk IS the best choice for feeding your baby and Sawyer County WIC and Northwest Connection Family Resources want to help you be successful in your breastfeeding experience.

This article was written by Deb Kollmorgen, Sawyer County WIC

## Weekly Story Time & Playgroups!

### Story Time:

Story Time is held at the Sherman & Ruth Weiss Community Library every Tuesday morning starting at 10:15 am. Come join us for stories, fingerplays/songs, and craft projects!

### Read, Play & Learn Playgroup:

Read, Play & Learn Playgroup is held at NCFR every Friday morning from 9:00 - 11:00 am. This playgroup uses a play-based curriculum designed to promote growth across all social emotional areas of development for young children through reading stories, doing crafts, and singing songs all related to the same theme.

### Open Play:

Come visit our facility! Every Monday is dedicated for families to drop in and play at the center. No need to call ahead, stop by and play! Check out our lending library filled with books and movies for you and the children to borrow.



# Parenting Classes

## Parents Forever: The Impact of Divorce on Children



This parent education class is geared towards families who are divorced, separated or in a co-parenting situation. This course helps parents to understand how children are affected during this family transition. It also helps parents to understand the loss and grief children may feel during this time.

This free course is presented in two sessions, you must attend both sessions to complete this program. Parents Forever will be held in two locations to accommodate parents busy schedules. When sessions are located at Northwest Connection Family Resources free childcare is available. When sessions are located at LCO Hotel childcare is not provided.

**See calendars for specific dates. Please call and register for this course (715) 634-2299**



## What is Ruby's Pantry:

Ruby's Pantry is a non-profit organization designed to procure and distribute corporate surplus food and goods to help fight poverty, hunger and disease in rural communities in the United States for those with low resources and in crisis through churches, food shelves and other local civic organizations. To develop the "Blessing Box" concept to activate people in being alert to the needs of others and to be proactive in encouraging, showing friendship and meeting tangible needs of struggling neighbors, friends and strangers regardless of race, religion or ethnicity.

**Typically located in Hayward, WI on the third Thursday of each month. November 17th will be the next date.**

**\$20.00 for two laundry baskets worth of groceries and other necessities.**

Located at the Hayward Wesleyan Church  
10655 Nyman Ave  
Hayward, WI 54843

Doors open at 5:00pm  
Distribution from 5:30-7:00 pm

**\*\*This information was provided by Ruby's Pantry.**

# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	National Family Literacy Month 	1 Story Time 10:15 am	2	3	4 Read, Play, and Learn Playgroup 9-11 am	5
6	7 Open Play Day	8 Story Time 10:15 am	9  Breastfeeding Support Group @ NCFR 6:00 pm	10	11 Read, Play, and Learn Playgroup 9-11 am  Veteran's Day  	12
13 World Kindness Week 	14 Open Play Day  Hayward 4 Learning/Family Resource Center Families Thankful Party 5 - 7 pm	15 Story Time 10:15 am	16  Parents Forever @ NCFR 10 am - 12 pm	17  Parents Forever @ NCFR 10 am - 12 pm	18 Read, Play, and Learn Playgroup 9-11 am	19
20	21 Open Play Day  Hayward 4 Learning/Family Resource Center Families Thankful Party 5 - 7 pm	22 Story Time 10:15 am  	23	24  <b>Office Closed</b>  	25  <b>Office Closed</b>	26
27	28 Open Play Day  French Toast Day  	29 Story Time 10:15 am	30			



# December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Cookie Cutter Week 				1 Shaken Baby Syndrome Prevention and Sudden Infant Death Syndrome Class 6:00 - 9:00 pm	2 Read, Play, and Learn Playgroup 9-11 am	3 FREE Christmas Movies (Watch for further details) 
4	5 Office Closed	6 Story Time 10:15 am	7  Parents Forever @ LCO Lodge 5 - 7 pm	8  Parents Forever @ LCO Lodge 5 - 7 pm	9 Read, Play, and Learn Playgroup 9-11 am	10
11	12 Open Play Day  Gingerbread House Day 	13 Story Time 10:15 am	14  Breastfeeding Support Group	15	16 Read, Play, and Learn Playgroup 9-11 am	17
18	19 Open Play Day	20 Story Time 10:15 am	21  National Flashlight Day 	22	23 Office Closed	24
25 	26 Office Closed	27 Story Time 10:15 am	28	29	30 Read, Play, and Learn Playgroup 9-11 am	



**Northwest Connection**  
**FAMILY RESOURCES**

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Email: [nwchild@cheqnet.net](mailto:nwchild@cheqnet.net)  
Website: [www.wisconsinchild.org](http://www.wisconsinchild.org)

OR CURRENT RESIDENT

**Office Hours**  
Monday– Friday 8:00am - 4:00 pm

Starting in January 2017 the newsletter will be sent out email only. Please call Northwest Connection Family Resources and provide us with your email if you are interested in receiving our quarterly newsletter! (715) 634-2299

Like us on Facebook!



**POP!** On over to.....

**Northwest Connection Family  
Resources**

**October 31st from 4:00 to 6:00 pm**

**Giveaways:**

Hayward Gourmet Popcorn \* Glow Necklaces  
Halloween Children's Books  
Tote Bags for Treats \* Quarterly Newsletter

**FIRST COME FIRST SERVE**

