Mid-Peninsula La Leche League
Fall 2009 Newsletter

Group News...

Mid-Peninsula Introduces New Area Meetings!

Mid-Peninsula LLL, formally San Mateo LLL, now serves Northern California from San Bruno to Redwood City. In searching for a new meeting spot in San Mateo this summer we made several friends willing to promote LLL. We want to especially thank Sweet Connections in San Bruno and Peninsula Birth Companions in Redwood City for hosting our new series meetings!

Dolly Lundberg founded the first LLL groups in San Jose and on the Peninsula in the 1960s. Today LLL is an international organization celebrating over 50 years of supporting breastfeeding mothers. We’re proud to once again be a voice on the Peninsula!

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Breastfeeding…
it makes a difference!

Member of a mom’s club/play group? Can you help distribute our flyers? Contact your local leader today for details: aliholdener@yahoo.com
Our Traditions...
How We Celebrate the Seasons

“I love to cook, cook, cook during the fall. Soups, salads and special treats are my favorite! My husband especially loves my peanut butter balls.”
-Ali, LLL Leader

“We like to exchange gifts at the beginning of December. We enjoy each other’s company instead of making it all about presents when family is around.”
-Jens, father of a nursing toddler

“I love to decorate our home for each holiday. Family visits are so festive and my kids especially love seeing their old school projects that I’ve kept.”
-Leticia, grandma of a nursing toddler

A great way to get in shape, meet other moms and have fun with your baby all at the same time. A one hour full body work-out classes designed for all fitness levels.

Register online for your first free class
www.strollerstrides.com
Tricks of the Trade...

Teething Needs

Seeing your baby through teething times can often require both love and creativity. It’s times like these when nursing is more than a simple means to satisfy hunger.

LLL’s philosophy is that “Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.” You will notice that as your baby passes from infancy his needs change. It’s at these transitional moments that the nursing relationship is reaffirmed as the sunshine on cloudy days.

Patience though interrupted sleep, nursing strikes or nursing marathons will pay dividends at the end of the episode. Sometimes mothers wonder if these are signs of early weaning but it is unusual for a baby to wean entirely on her own in the first year. Most often discovering that teething is the cause of fussiness gives mothers the peace of mind to weather the storm with greater confidence.

But what about BITING?

It may hurt the baby to nurse when his gums are tender from teething, or he may find comfort in chewing and biting down after his hunger is satisfied.

Some babies chew or bite AT THE END of a nursing to signal they are finished. As always, watch your baby, not the clock. Biting doesn’t have to be a problem if it can be anticipated.

-LLLI Breastfeeding Answer Book
Beyond Breast Milk...
Quick and Easy Ideas for the Whole Family

More Juice Please!

Adding carrot juice to apple or other fruit juices brings down the sugar content with the added benefits of dietary fiber, antioxidants and minerals.

Sneak carrot puree into marinara sauces, soups, dips or casserole dishes for added nutrition.

Green Eggs

Next time your child is ready for scrambled eggs try bringing the dish to a whole new level by adding chopped spinach and their favorite cheese on top. The cheese enhances the flavor in addition to binding the spinach together, making it impossible for tiny fingers to pick out the veggies.

Spinach is a great source of iron and calcium.

Dips and More

Don’t let the baby food aisle limit what your child is introduced to. Dips make great snacks for toddlers and mommies to share together.

Baby friendly guacamole, pesto, hummus, etc. are easy to serve and very nutritious. Make sure to read the labels and keep an eye out for nuts especially.

Mid-Peninsula online info

www.lli nor cal.org
California Breastfeeding Legislation

Did you know that you can breastfeeding ANYWHERE you are legally able to be present?

Cal. Civ. Code §43.3 Notwithstanding any other provision of law, a mother may breastfeed her child in any location, public or private, except the private home or residence of another, where the mother and child are authorized to be present.

Did you know that you may defer jury duty as a breastfeeding mother?

2004 California Rules of Court Rule 859 A mother who is breastfeeding a child may request that jury service be deferred for up to one year, and may renew that request as long as she is breastfeeding. If the request is made in writing, under penalty of perjury, the jury commissioner must grant it without requiring the prospective juror to appear at court.

Did you know that it’s your right to take breaks at work for expressing breast milk?

Cal. Lab. Code §1030, 1031, 1032, 1033 Every employer, including the state and any political subdivision, shall provide a reasonable amount of break time to accommodate an employee desiring to express breast milk for the employee’s infant child.


Swine Flu Recommendations from the American Academy of Pediatrics

Although the information surrounding the H1N1 Influenza (“swine flu”) is evolving weaning is not recommended. According to the AAP the influenza virus does not pass through the breast milk. As with other common cold and flu viruses the immunities babies receive from breast milk better protect their immune system even if the mother is infected. The AAP also states that separation between the infant and mother may create long term breastfeeding and bonding problems which outweigh the potential benefits of avoiding contact.

Advice regarding breastfeeding for mother with possible H1N1 infection, Ruth A. Lawrence, M.D., FAAP and John S. Bradley, M.D., FAAP

For more information visit http://aapnews.aappublications.org
Amy has been an associate with USANA Health Sciences since 2005 and runs the business part time while working full time in the biotech industry. She uses all the products herself because the products are best in class. There was no need for her to switch to a prenatal supplement prior to the birth of her son in 2008 — the USANA supplements had everything she needed and more. She continued to take the same supplements while nursing and was in great shape despite the lack of sleep. Now her son is taking USANA’s children’s multivitamin. She is passionate about helping others take charge of their health and wealth and coaches entrepreneurs in reaching their full potential.

**Improve Your Health!**
- USANA Nutritional Supplements listed in the PDR (Physician Desk Reference) and ranked #1 in the Comparative Guide to Nutritional Supplements.
- 1/3 of Medals won by the USA and more than 1/2 of Medals won by Canada at the 2006 Torino and 2002 Utah Winter Olympics won by athletes using USANA supplements.
- USANA is the official supplement provider for the Women’s Tennis Association.
- USANA’s RESET Program recognized as one of the most successful long-term weight management programs.
- Sense Skin Nutrition featured on Oprah, and endorsed by Dr Christiane Northrup, M.D. Patented, paraben-free self-preserving formula.

**Increase Your Wealth!**
- USANA Opportunity voted best in industry by Network Marketing Today for past 10 years.
- Innovative compensation plan designed to help both beginner and experienced marketer meet financial goals.
- Tax savings via a home business and have multiple streams of income in a shaky economy.
Pick Your Own Pumpkins and Trees
visit HALF MOON BAY

Highway 92 is famous for its festivities during the harvest/holiday season. From local farm stands, nurseries open to the public, pony rides and petting zoos, Half Moon Bay is full of family friendly treasures. Once fall months have passed head down to the shore to catch the annual Gray Whale migration. For little ones eager to experience sea life up close the Tide Pools at the Fitzgerald Marine Reserve in Moss Beach create the perfect outing. Go heavy on the fleece and head outdoors for all the adventures the coast has to offer!

AFFORDABLE FAMILY FUN
Lemos Farm in Half Moon Bay is “one of the greatest places to take young children.” They feature Halloween on the Farm, Christmas Tree cutting and much more.
Visit: LemosFarm.com

EXPLORING TIDE POOLS
Take California Street off HWY 1 to the Fitzgerald Marine Reserve. Make sure to check their website for low tide times.

Naturalists are present to turn tide pools into outdoor classrooms. Free parking and Harbor Seals near the shore are an added plus!
Visit: FitzgeraldReserve.org

WHALE WATCHING
Dec-May gray whales can be observed a few miles off California’s shore.

Oceanic Society offers naturalist-led Whale Watch boat tours for a unique vantage point. No kids under 7 on boats. Reservations recommended!
Visit: OceanicSociety.org
Meet the Caruso Family
Chad, Angela & Roman (3 yr)

We moved from NJ (near NYC) to the Peninsula in January of 2007 when Roman was 5-months-old. I have attended LLL meetings here with Roman since the fall of that year. Being at home with him all the time and having no family close by has at times been quite stressful. LLL has been a great social outlet for me to spend time with other women who share the choice to breastfeed. Now, almost 3 years later, we are settled in quite well and really love this area. Our most recent fun activities include the Magic Mountain Playground at Coyote Point and hiking in Muir Woods.

Member Corner...
All About Us!

SAVE THE DATE

our quarterly play date!
Feel free to invite friends and neighbors to find out what LLL is all about!

What: Mid-Peninsula LLL open house
When: Friday, December 4, 2009
Where: Little Gym in Belmont
390 El Camino Real, Belmont 94002
Time: 1:00-3:00pm
Info: Refreshments will be provided. Holiday gifts available for purchase.
Contact: Ali at 408-506-1012

Come ready to PLAY!!!

“Breastfeeding makes a difference!”

Tote bags $30 ea
email your picture aliholdener@yahoo.com
COME PLAY FOR FREE!!!

Join us for our
Breastfeeding Awareness
Open House

December 4, 2009 from 1-3pm
at the Little Gym in Belmont
390 El Camino Real, Belmont CA 94002

Presented by Mid-Peninsula La Leche League

This event is for moms, babies, dads, friends and family!
Please feel free to bring guests.

Come ready to play and receive information about how to support your local La Leche League.

This event sponsored by:

La Leche League
Northern CA

Holiday gifts available for purchase
Complimentary photos
Snacks provided

For more information contact Ali at (408) 506-1012 or aliholdener@yahoo.com
Mid-Peninsula LLL Groups and Meeting Information

SAN BRUNO Meetings
Sweet Connections @ 10am
430 San Mateo Ave
San Bruno, 94066
3rd Monday of every month

REDWOOD CITY Meetings
Peninsula Birth Companions @ 10am
626 Jefferson Ave, Suite 3
Redwood City, 94063
3rd Friday of every month

SAN MATEO Breastfeeding Café
Andersen Bakery & Cafe @ 10am
(Hillsdale Shopping Center)
Sixty 31st Ave
San Mateo, 94403
3rd Wednesday of every month

Peninsula Birth Companions
Birth and Doula Services and Education
Peninsula Birth Companions
626 Jefferson Avenue, Suite 3
Redwood City, CA 94063
www.PeninsulaBirthCompanions.com
NEW Private Birth Classes!

There are few places today where parents can take young children that are inviting, safe, age appropriate and inexpensive. Sweet Connections welcomes everyone!

430 San Mateo Avenue
San Bruno, CA 94066
(650) 588-4008
www.SweetConnections-sb.com

sweet
CONNECTIONS

ice cream - yogurt - smoothies
Interested in membership?

Savings Related to Breastfeeding
- Fewer doctor visits, prescriptions, and hospital stays, up to $1435 in the first year.*
- No need to spend money on formula and feeding supplies.
- For one month, the least expensive formula costs $134, the most expensive formula costs $491 a month.**
- The least expensive formula costs $402 for 3 months and $804 for 6 months.**
- To buy the most expensive formula for their babies, parents spend $1475 for 3 months and $2950 for 6 months!
- Knowing you are giving your baby the very best is priceless!

Intangible Benefits of Membership
- Meet new people in your community.
- Gain self confidence as you learn from other mothers.
- Less worry and stress because baby is healthier.
- Satisfaction in knowing you are giving your baby the best.
- An investment in yourself and your child!

Tangible Benefits of LLL Membership for Mothers
- Free copies of the LLLI Catalogue.
- Access to monthly meetings, Group Library, and telephone help.
- Member discounts on conference fees.
- Seldom a need for the services of a lactation consultant at up to $150 per hour!

You can become a member by sending a check to your local LLL Leader Ali at 321 Oxford Way #76, Belmont, CA 94002. Please make your check out to "La Leche League of San Mateo" which covers your membership for all Mid-Peninsula groups. Your membership counts!

La Leche League Membership makes a perfect gift.