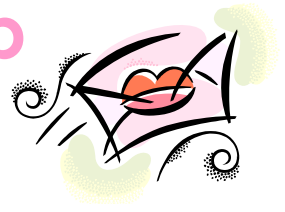


EMH Breastfeeding Support Group February 2008



**Support Group Holiday Party:
December 16, 2007**



**Pam & Ethan Taylor
December 16, 2007**

Support Group Happenings

Hopefully everyone had a nice New Year and has recovered from all of the holidays. We had a nice Holiday party, although it was quiet due to the nasty blizzard that seemed to happen just before the party. We would like to again welcome all of the new families to our group and continue to encourage mothers and fathers to invite breastfeeding families, and pregnant mothers thinking of breastfeeding to join us. I hope everyone has a nice relaxing (and possibly romantic?) Valentine's Day.



Alexandria Bialko Jan 08



Harvest for Hunger- Breastfeeding Support Group Basket



In the month of March, Second Harvest will be raffling off donated baskets to help those in need. We as a group have chosen to create a basket with the themed 1st Birthday. We would like to ask anyone who is fortunate enough to please donate one item to fill our basket. Tina and her husband have been kind enough to donate a 1st birthday cake. We would like to ask for anyone who is able to donate one small item. Some examples could be party plates, cups, decorations, party favors, etc. We would like to ask for donations to be made during the month of February so the basket can be finished for the raffle in March. Creating a basket in the name of EMH Breastfeeding Support Group will be a great opportunity for our group to give back to the community while also spreading the word about breastfeeding and our exceptional group.

Breastfeeding in the News

Breastfed Babies Consume More Fruits and Veggies

A new study shows that breastfeeding may enhance children's acceptance of fruits and vegetables. The study shows that flavor from the foods that nursing mothers eat may be transmitted through breast milk. The study was performed with infants between the ages of four and eight months and some babies were breastfed while other babies were formula fed. Breastfed babies consumed more peaches over a longer period of time. For more information on this study please visit <http://www.sciencedaily.com/releases/2007/12/071203090135.htm>.

La Leche League of Oberlin

La Leche League has started a new group in Oberlin. Meetings are held on the second Tuesday of the month at 7 p.m. at the Christ Episcopal Church. Christ Episcopal Church is located at 162 S. Main St., at the intersection of Morgan and Main Streets, in Oberlin. Off-street parking is available in the church parking lot on Morgan Street. The meetings are held in the basement of the fellowship hall. Supervised childcare will be available in the playroom adjacent to the meeting room. La Leche League of Oberlin's group leader is Susan Oldrieve. Susan's contact information is as follows: soldrieve@bw.edu, www.lli.org, or 440-289-4731.

LLL of Oberlin would like to invite pregnant mothers thinking about breastfeeding, mothers nursing a baby, toddler, or child, and mothers looking for a supportive environment or that have questions concerning breastfeeding. Additionally, babies, children, fathers, grandparents, and friends are welcome to attend with the pregnant or nursing mother. Please join LLL of Oberlin as their Meetings kick off:

Tuesdays:

February 12	7 p.m.	"Advantages of Breastfeeding"	Meeting #2
March 11	7 p.m.	"The Family and the Breastfed Baby"	Meeting #3
April 8	7 p.m.	"Nutrition and Weaning"	Meeting #4

Deals of the Month!!!!

If you see any great deals to include in the Next Issue, please send them to: emhbnewsletter@gmail.com

15% off Parenting Books and Videos from Babies R Us- use coupon code 919655 when ordering Expires 4/30/08

\$1.00 OFF of Desitin Creamy <http://www.desitin.com/en/?dsp=5&psp=22>

20% OFF Purchase at Children's Place, \$1 OFF Tide, \$1.50 OFF Any PediaCare Product, \$1.50 OFF Children's Benedryl, + MORE http://afullcup.com/upload/cms_index.php?page=coupon_generator_misc

Free Sample of Purex <http://www.freesample-purex.com/PurexSample/>

\$1.00 OFF Leggs Women's tights <http://www.leggs.com/coupons.asp>

\$2.00 OFF Fabreze Laundry Odor Eliminator <http://newfebreze.com/coupon/coupon.html>

\$1.00 OFF Multiple Advil products including Children's Advil, Centrum Kids, Preparation H, Anbesol. \$4.00 OFF Alavert http://www.wyeth.com/specialoffers?rid=/wyeth_html/home/user_group_landing/for_pc/coupons.html

\$2.00 OFF Any Monistat Combination Pack <http://www.monistat.com/SpecialOffers/index.jsp>

Arby's Buy One Sandwich Get One Free <http://www.arbys.net/index.html>

AspenDental Free New Patient Exam and X-ray <http://www.aspendental.com/coupons.html>

NY & Co. 20% Off Any Purchase <http://email.nyandcompany.com/p/NYandCompany/coupon>

Pearle Vision \$125 Off Complete pair of glasses when paying with Visa card

<http://www.lifetakesvisa.com/offerviewer.html?offerId=30>

Would You Like to Help Premature and Ill Infants?

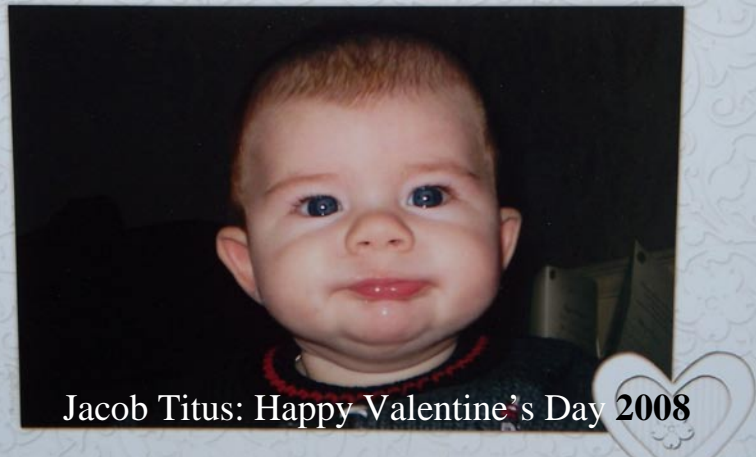
By donating your extra breast milk to Mothers' Milk Bank of Ohio you could help save a baby's life. Babies with issues such as prematurity, congenital anomalies, formula intolerance, and other illnesses are able to receive pasteurized breast milk by a doctor's prescription. Mothers can donate to Mothers' Milk Bank once 100 ounces have been collected. Mothers must be Non-smoking, have a negative HIV, HTLV, Hepatitis B and C and syphilis. For more information contact the Mothers' Milk Bank at 614-544-5906 or milkbank@ohiohealth.com. You can also contact Jan or Tina for more information including viewing a sample application.

Calling All Lactivists!!!

The Lorain County Breastfeeding Coalition would like to invite anyone interested in helping promote breastfeeding to our next meeting. The next meeting will be held in the lounge in the EMH maternity ward on Thursday, February 21 at 1:30 p.m. If you would like more information please email me at either kristyengle@hotmail.com or emhbfnewsletter@gmail.com.

We would also like you to visit our website at www.loraincobreastfeeds.org to view updates provided by Matt Bialko and the Lorain county JVS computer students under guidance of Tina Crosey.

What do you mean ... you're out of Breast milk???



Upcoming Children's Resales

Saturday, February 23:

St. Joseph Academy, Rocky River Drive, Cleveland

8:00 a.m. - 9:00 a.m. - \$5 admission

9:00 a.m. - 12:00 p.m. - \$1 admission

West Shore Unitarian Universalist Church, 20401

Hilliard Blvd., Rocky River

8:00 a.m. - 10:00 a.m. - \$5 admission

10:00 a.m. - 1:00 p.m. - \$1 admission

Saturday, March 1

Fairview High School - 4507 W. 213 St, Fairview Park

9 a.m. - 12:30 p.m. - Free admission

1:30 p.m. - 2:30 p.m. - \$2 bag sale

Valley Forge High School - 9999 Independence Blvd

8:30 a.m. - 9:30 a.m. - \$5 admission

9:30 a.m. - 12:30 p.m. - \$1 admission

Saturday, March 8

Olmsted Middle School Cafeteria, 27045

Bagley Road

8:00 a.m. - 9:00 a.m. - \$5 admission

9:00 a.m. - 12:00 p.m. - \$1 admission

All children over 8 will be charged admission

Rocky River Civic Center, 21016 Hilliard

Bldv, Rocky River

9:00 a.m. - 10:00 a.m. - \$5 admission

10:00 a.m. - 1:00 p.m. - \$3 admission

Saturday, March 29

North Ridgeville High School, 34600 Bainbridge Road

8:00 a.m. - 9:00 a.m. - \$5 admission

9:00 a.m. - 12:00 p.m. - \$1 admission

Congratulations Naugle Family

Carrie and Shain welcomed their second EMH Breastfeeding Support Group baby on Tuesday, January 15, 2008. Cole weighed in at a healthy 8 lbs 2oz and 21 inches long. Carrie said Breastfeeding is much easier the second time around. Big Brother Aaron is working on adjusting to his new Baby brother Cole. Congratulations Carrie, Shain and Aaron.



Baby Spotlight

Abigail, Rachel, and Nathan Young

Birthday: Rachel and Abby 1-21-07, Nathan 4-5-04

Favorite Food: All 3 love bananas

First Food: Rachel and Abby were peas and Nathan was carrots

Favorite Book/ Show: Rachel and Abby like to watch Baby Einstein and Nathan loves the show Super Why! Rachel and Abby don't have a favorite book yet but Nathan loves all of his books and is trying very hard to learn to spell and read.

First Word: Rachel and Abby were both Dada and Nathan was Mama

First Sign: Rachel and Abby signed Milk for the first time last month

How old was I when...

I first rolled over? Both of the girls rolled over on the same day when they were 4 months old

Ate Solids? 6 months for all 3

I said my first word? Rachel and Abby around 6 months

I first Crawled? Rachel and Abby were about 10 months

I first Walked? Not yet but they both Rachel and Abby started pulling themselves up a couple of weeks ago. Nathan was 13 months.



Ethan Michael Taylor

I became a gift of joy for Rob and Pam Taylor on Tuesday August 1, 2006 at 1:19pm. I weighed 7lbs 13ozs. And was 20 inches long. It took 19 ½ hours of labor for mommy and then the doctor had to operate on mommy to get me out.

My Favorite food: I'm a pretty good pizza eater

My First Solid Food: Squash (rice cereal but that doesn't count)

My Favorite Book: Any board book I can chew on

My Favorite Show: Disney's Mickey Mouse Clubhouse

My Favorite Movie: Happy Feet

My First Word: Ma Ma (of course, duh)

How Old was I when:

I first rolled all the way over:	4 months
I said my first word:	4 months
I consistently ate solid foods:	9 months
I first crawled:	10 months
I learned to crawl up steps	10 months
I learned to crawl (slide) down steps	10 ½ months (and boy do I fly down them now)
I learned to high five daddy:	11 months
I learned to throw and catch a ball:	12 months
I first walked:	13 months

I am very lucky because even though my mommy has to work full time she continues to breastfeed me 3-4 times a day. My wonderful babysitters take me to see mommy at work at lunch so I can have some breast milk along with my solid foods.



Happy Valentine's Day

