

National Midwifery Week

- Spotlight on Breastfeeding Awareness

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Join us in celebrating National Midwifery Week, October 2-8, 2016. During National Midwifery Week we are putting special emphasis on breastfeeding awareness and education. One of the first important decisions a new mom makes is how to feed her child. Although Certified Nurse Midwives (CNMs) are most associated with pregnancy and childbirth, they have advanced education and the experience to provide medical care and guidance to women through their adolescent to menopausal years. Providing education and support to women after their babies are born is both satisfying and exciting for midwives.

Women who breastfeed are making an investment our future. Wouldn't you want to do something that saved you money, kept you and your baby healthy, protected your baby from pollution and generated less waste for our landfills? Breastfeeding does all that and more!

A woman's body makes food that is perfect for her baby because it provides the most complete nutrition possible. Breastfed children have fewer and less serious illnesses than those that have never received breast milk. And breastfed children have higher IQ scores, as well as better brain and nervous system development.

Mothers who breastfeed their babies are themselves healthier. Breastfeeding while women are young protects them from breast and ovarian cancers and keeps their bones stronger when they are older.

Breastfeeding also makes life easier for young families! Breast milk is free; it saves families money! And because breastfed babies are healthier, their parents miss work less than parents who feed their babies formula. Exclusive breastfeeding helps naturally space pregnancies so mom and dad can spend precious time raising each child.



Covington Women's Health Specialists is celebrating National Midwifery Week by recognizing the Certified Nurse Midwives in our practice who are each expert in supporting women with breastfeeding. Brenda Barlowe, CNM, MSN, Denise Cochran, CNM, MSN and Barbara Susin CNM, MPH, MSN have over 50 combined years of experience providing healthcare to women and their families in a wide variety of settings. Each is dedicated to providing compassionate care to women. While we recognize that every woman's journey to motherhood is her own, the midwives and providers of Covington Women's Health Specialists encourage families to consider breastfeeding as their first choice for feeding their babies.

We asked expectant moms to share their thoughts on feeding their babies, why they chose to breastfeed, what they enjoyed most about breastfeeding, and what they would tell someone who is considering breastfeeding.

Expecting her fourth child, Tara Schooley says, 'breastfeeding is just easier than formula feeding!' She chose to breastfeed her three older children because she believes that breastfeeding



is healthier for moms and for babies. She loves the skin to skin contact and the bonding that takes place while nursing.



Holly Rutledge chose breastfeeding because she believes it is the natural way to feed your child, and she also spoke of the bonding that happens

when nursing. Both young moms recognized that since breastmilk was free, their families benefitted economically by choosing breast milk to feed their babies. Their advice to those considering breastfeeding is to try it. They also encouraged women to seek help from lactation specialists and support groups if needed, and to not give up.

Nikeisha Flournoy is expecting her third child and has decided to breastfeed, even though she did not breastfeed her other children. She made this decision after learning about the benefits of breastfeeding for her health and her baby's health. She is looking forward to this new experience.



After breastfeeding her older child for two years, Cadeshia Ford is an experienced mom! She plans on nursing again when her second baby is born later this year. She encourages women to breastfeed saying "it will be the best decision you will ever make."



Piedmont Newton Hospital participates in the Georgia 5-STAR Hospital Initiative. This program, developed by the Georgia Department of Public Health, recognizes hospitals that have taken steps to promote, protect, and support breastfeeding in their hospital. To reach 5-STAR status, a hospital will implement the 10 Steps to Successful Breastfeeding as defined by the World Health Organization and Baby-Friendly® USA. Our providers work alongside staff at Piedmont Newton Hospital to support mothers who desire to breastfeed their babies.

For more information about midwives or breastfeeding, contact Covington Women's Health Specialists, with offices located in the Physician's Pavilion at Piedmont Newton Hospital, 4181 Hospital Drive, Suites 100 & 104, Covington, GA 30014, 770-385-8954. We provide complete maternity and gynecological care to women of all ages. The office is comprised of four OB/GYN Physicians, three Certified Nurse Midwives, and one Women's Health Nurse Practitioner. Maternity care and deliveries are attended exclusively at Piedmont Newton Hospital. Minimally invasive and major Gynecological surgery is performed at Piedmont Newton Hospital, and Robotic Gynecological surgery is offered at Rockdale Medical Center. Visit our website at www.cwhs-larrimore.com and like us on Facebook: Covington Women's Health Specialists.