

CONTENTS

[Did You Know?](#)
[Feature Article](#)
[Ask Amy](#)
[What's New](#)
[Educational Events](#)
[Science or Science Fiction?](#)
[It's the Law](#)

DID YOU KNOW?

Breastfeeding Reduces Risk for Rheumatoid Arthritis

Breastfeeding for more than a year reduces women's risk for rheumatoid arthritis. A recent study found that women who had breastfed for 13 months or more were 54 percent less likely to develop rheumatoid arthritis than women who had never breastfed. Women who had breastfed for at least a month had a 26 percent lower risk. Hormonal changes may account for the lower risk. See [Does Breastfeeding Reduce the Risk for Rheumatoid Arthritis?](#) by Amy Spangler to learn more.



FEATURE ARTICLE

Tips for Traveling without Tantrums or Tears

If your summer plans include vacationing with children, you'll want to check out a few baby gooroo articles that will help you keep your cool.

Parenting expert Elizabeth Pantley offers advice on driving to your destination with your baby on board ([Taking a Road Trip with Your Baby](#)). She highlights the importance of planning the trip and provides checklists of items to bring.

In [Going Visiting with Your Baby](#), Elizabeth suggests ways to keep both your baby and your hosts happy when you visit someone else's home. Elizabeth covers what to pack and how to handle eating, breastfeeding, diaper changes, childproofing, sleeping, and more.

In [Breastfeeding Vacation](#), Heidi Green shares her experiences breastfeeding on a family vacation at Disney World. In another article, [Keeping Amusement Parks Fun](#), Heidi tells what worked when she tackled amusement parks with her three kids in tow.

Mary Jessica Hammes ([Road-Tripping, Family Style](#)) reflects on her possibly inherited penchant for preparing for road trips with not just detailed checklists but a seemingly excessive number of bags. Food and technology are just two of the ways to while away the hours.

In [Friendly Skies?](#) Carol Adams Rivera addresses the question of when babies can begin to fly, citing recommendations from the Mayo Clinic, WebMD, and BabyCenter. She also recalls her own experiences flying with her infant son.

? ASK AMY

Q. “I’m worried about returning to work full time. We have offered our 3-month-old son, Owen, a bottle two or three times but haven’t had much success. Can you offer any suggestions? Also, if Owen refuses the bottle, or takes only a small amount, can I save the milk for later use, or do I need to throw it away?”

A. Some breastfed babies readily accept a bottle, while others steadfastly refuse. As a mother of two “refusers,” I can understand your concern. And there is little comfort in knowing that your baby refuses to accept less than best!

If your work schedule requires that you be away from your baby for 4 or more hours, you may find the following suggestions helpful. As with most aspects of parenting, there are no guarantees!

- Begin by choosing a child care provider who is supportive of your decision to breastfeed your baby exclusively.
- Consider using a cup, eye-dropper, or spoon as an alternative feeding device.
- If your child care provider prefers to use a bottle, experiment with different nipple types. Try a variety of brands as well as flow rates (slow, medium, and fast) until you find a nipple that Owen will accept.
- Some babies will accept a bottle offered by Mom, while others will accept a bottle offered by

anyone other than Mom. So you may need to enlist Dad’s help. Encourage him to hold the baby as if he were breastfeeding, sliding the bottle along his chest into Owen’s mouth.

- Offer the bottle at the first sign of hunger (lip smacking, finger sucking, or squirming). Don’t wait until Owen is demanding (crying) to be fed.
- It’s not necessary to heat breastmilk. Heating can alter the composition of the milk and affect its anti-infective properties. While some babies prefer milk at room temperature, others will drink it cold, right out of the refrigerator.
- Don’t get discouraged. Preparing to return to work can be almost as worrisome as returning to work!

There are very few studies on collection and storage of breastmilk, in part because so many factors affect milk storage—time, temperature, type of container, as well as the baby’s age and health. Milk stored for a healthy, full-term baby does not require the same handling as milk stored for a sick or premature baby.

Given the time and effort that go into expressing breastmilk, I am reluctant to tell a mother to throw even small amounts away. Because Owen is a healthy 3-month-old, there should be no harm in putting the unused portion in the refrigerator and using it for the next feeding (although typically mothers are told to discard any milk left in the feeding container). When a bottle is offered but refused, the bacteria in the baby’s mouth can get inside the bottle, but there are special ingredients in breastmilk that limit the growth of bacteria. So I would not be concerned about the milk becoming contaminated as long as it is used for the next feeding. Babies put lots of things in their mouths that probably contain more bacteria than a bottle of expressed breastmilk. I would be more concerned if Owen were a sick or premature baby.



WHAT'S NEW

For timely information on breastfeeding and related child health topics, please visit [baby gooroo](http://babygooroo.com).

EDUCATIONAL EVENTS

Please visit [baby gooroo](http://babygooroo.com) for a complete listing of upcoming events.

Amy's Babies is pleased to present *Feeding Times*.

With the launch of [baby gooroo](http://babygooroo.com), our new online community, we are now able to share information 24/7. *Feeding Times* will continue to be distributed electronically. Subscribers will receive a PDF containing links to selected feature articles, expert commentaries, scientific data, legislative updates, product alerts, upcoming events, real-life experiences, and more—all of which can be easily accessed through [baby gooroo](http://babygooroo.com). For additional information about our products and services, please visit our [website](http://www.amysbabies.com).

Email questions and comments to info@amysbabies.com.

SCIENCE OR SCIENCE FICTION?

Are Breastfed Babies Smarter?

Past studies have found that children who were breastfed as babies scored higher on IQ tests. But most of the studies looked at self-selected samples of mothers who decided themselves whether or not to breastfeed. Mothers who chose to breastfeed may have been different in other respects from mothers who did not. Thus it was possible that differences in IQ resulted not from breastfeeding but from some other factor—e.g., the mothers' own IQs or the way they interacted with their babies.

Amy's article [Are Breastfed Babies Smarter?](#) describes a new study of breastfeeding and IQ that addresses the problem of self-selection. Mothers and children were randomly assigned to two groups: a control group that received routine maternal care and an intervention group that received breastfeeding encouragement and support. Mothers in the intervention group breastfed longer, and their children had higher IQ scores when tested at age 6 1/2 years.

IT'S THE LAW

Indiana Law Pumps Up Worksite Breastfeeding Support

A new Indiana law will make it easier for breastfeeding mothers to pump their breastmilk at work. The law, which will go into effect on July 1, requires employers to “make reasonable efforts to provide accommodations for women to collect and store breastmilk during the workday.” Employers must provide a private space to pump—other than a toilet stall—and a cold place to store the milk. The Indiana Perinatal Network has published a list of frequently asked questions (e.g., “How often does an employee need to pump her milk?”) to help employers follow the law. Learn more by reading [Indiana Law Requires Worksite Breastfeeding Support](#) by Amy.