



# Breastfeeding Expressions

## Ask the Lactation Consultant

### Q. Can I get a Flu shot if I'm breastfeeding?

A. Yes, In fact, women who get the flu vaccine while pregnant or breastfeeding develop antibodies against flu that they can share with their infants through their breast milk.

### Q. Why does breastfeeding make me feel sleepy?

A. Breastfeeding stimulates the release of oxytocin from your brain. The release of oxytocin while you're breastfeeding may make you feel sleepy and relaxed.

## What Is The TNT-PISP?

A new group-based support program for black moms in Dane County thinking of getting pregnant in the next year, currently pregnant, or who recently had a baby. Led by doulas, community mothers, and healthcare professionals of color, for women of color. Each session will include food, fun, check-ins, socializing, hot topics, and guest speakers. (Topics will include but not limited to pregnancy, breastfeeding, relationships, healing, support systems, financial wellness, mental health, newborn care, navigating health system and more)

**When and Where will the Support sessions be held?**  
2nd Tuesdays of each month from 6:30-8:30pm  
8 Straubel Ct.

## Is There A Fee To Attend?

No. This support group is free. The space is also child friendly with lots of toys and books so feel free to bring along the kids and babies! PLEASE call the TNT Family Resource Center if any questions. 608-268-6969. Let us know you are coming, so we can have enough items.



## Extended Breastfeeding!

Some women struggle to continue to breastfeed their infant for 3 months, but the benefits are really great if you hang in there and continue to breastfeed your baby. The American Academy Pediatrics recommends that babies breastfeed exclusively for 6 months and add solids as you continue to breastfeed.

Why continue?

Breastmilk continues to provide immunity, so for the mother who says “I’m not feeling good should I continue to breastfeed?” YES! Your body is trying to fight off the illness and it is providing antibodies for your illness and through breastfeeding you are giving your baby antibodies to fight what you have.

Your breastmilk is best for the baby’s brain development. Think about it! Cow’s milk is for the Calf, Goat’s milk is for the kid. Each specie provides the best for its offspring to grow and develop and survive! The Best is your milk!



**Due to COVID-19 PLEASE CHECK website or facebook for updated information.**

**African American Breastfeeding Alliance  
of Dane County, Inc.**

**We have TWO locations for support groups**

**Every 2nd Friday of the month at:**

**UW South Madison Community Partnership, Villager Mall,  
2312 S Park St, Madison, WI 53713  
6:30pm - 8:30pm**

**Every 4th Wednesday of the month at:**

**East Madison Community Center, 8 Straubel Court  
Today Not Tomorrow Family Resource Center  
6:30pm - 8:30pm**

**WELCOME AND BRING THE CHILDREN!**



**Don't forget to check us out  
at:**

**Facebook.com/AABADaneCo  
And  
LATCHONAABA.ORG**