

February 2011

Upcoming Events

***Low Cost Follow-Up Clinic 2/26/11**
10AM-3PM

***Breastfeeding Class 2/15/11**
See our [web site](#) for details.

***Body Mind and Soul: Breastfeeding Workshop**
3/12/11
See our [web site](#) for details.

***Breastfeeding Story Contest**
[Email us](#) your breastfeeding story, to use w/ permission, and be entered to win a raffle! Luna Lactation realizes how valuable mother-to-mother support is and we are creating a hand-out/online collection of stories for mothers to draw support and encouragement from.

Client Satisfaction Survey

We are honored to support families and feedback helps us better serve the community! If you have received services from Luna Lactation,

Click here for survey
petty please...it is short, just 10 questions.....we promise!)



Find us on Facebook!

Intimacy and Fertility During Lactation



Perhaps this February will be your first St. Valentine's day as a family vs. as a couple...sort of changes the dynamics of the day, right? Many couples have questions about how breastfeeding will impact intimacy and fertility and the answers are as varied as the couples themselves.

Oxytocin plays a keep role in both intimate relationships and breastfeeding. Oxytocin is released when we connect with our partner, have an orgasm, cuddle, etc. It is also released during labor to stimulate contractions, during breastfeeding to stimulate milk let-down and enhances the bonding process. Oxytocin not only helps us feed and enjoy our babies, but also aids in deepening the bond with our partner. Some mothers feel an increased postpartum sexual desire due to all that oxytocin while others feel quite "touched-out" and some moms alternate between both feelings...all very normal! It can help to know that oxytocin is partially a conditioned response so you can "think" your way to that oxytocin rush. Visualization and relaxation techniques can help enhance milk let down as well as help foster an intimate connection with your partner during the postpartum period. More info on breastfeeding/intimacy: <http://www.llli.org/NB/NBrelationships.html>

Fertility issues during lactation can also vary mother to mother. Some mothers get their cycles back in the early months of breastfeeding while others go without their period for over a year or more. The ebbs and flows of hormones during the course of lactation certainly impacts fertility and it can be harder to read your body's fertility signs. Likewise, hormonal birth control methods can hamper with the hormones of lactation. For mothers desiring to use birth control during breastfeeding, a non-hormonal option is the safest choice. There are some progestin-only options considered to be compatible with breastfeeding but if you have any milk supply concerns it would be wise to consult with your provider or lactation consultant before starting them. More on birth control options here: <http://www.kellymom.com/health/meds/birthcontrol.html>

Some mothers find that they want to conceive again while breastfeeding their older babies. If the return of their fertility is delayed by lactation there breastfeeding-compatible things a mother can do to speed the return of her cycles. Herbs, acupuncture, body work, etc have been some of the useful treatments moms have found to work. It is wise to consult with a lactation consult if you are unsure if a treatment plan is compatible with lactation. Once the desired pregnancy is achieved, families may have questions about the logistics and safety of nursing during pregnancy and tandem nursing. A wonderful book on this topic is "[Adventures in Tandem Nursing](#)" by Hilary Flower.

If you have further questions on intimacy or fertility during lactation, feel free to contact Luna Lactation for further support. Although your Valentine's Day this year may not consist of fine dining and a night on the town, I do hope it consists of plenty of family cuddles, connection and love!

Contact: www.lunalactation.com Tel.360.830.MILK(6455) or [Email](#)
Have you received support from Luna Lactation? [Email](#) Or [Click here to take survey](#) .
If you do not wish to receive emails from Luna Lactation, [unsubscribe now](#)