

**January 2011**

**Happy 2011!**



**Upcoming Events**

**\*Low Cost Follow-Up Clinic 1/29/10**  
10AM-3PM

**\*Breastfeeding Class 1/14/11**

See our [web site](#) for details.

**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**  
(pretty please...it is short, just 10 questions.....we promise!)

**Luna Fans....**

**Find us on Facebook!**

Ok...we know busy parents do not have a ton of time to spend on Facebook but it is a quick, easy way to get news, updates, deals and info from Luna Lactation. And face it, you are probably on FB anyhow uploading pictures of your cute baby to show off, so what are you waiting for....[join us!](#)



**Resolutions and Affirmations**



My family rang in the New Year with friends, playing board games, eating and laughing...lots of laughing! And that became my 2011 resolution, to live more joyously each day. It seems simple enough but it is easy to let the daily stress set in and pretty soon there's more complaining than laughing, right?

My own resolution made me reflect on the families I support. I am always humbled by the challenges many families cope with. When feeding baby is a stressful endeavor day in and day out, it can be really hard to find the joy in having a new baby. Where's the pleasure in screaming babies, sore nipples, pumping marathons and no sleep? I firmly believe that every family has a right to enjoy their baby and finding a balance so parents don't burnout is crucial. If you are experiencing difficulties, I'd hope you would reach out for help. In the meantime, affirmations can be a powerful way to focus positive intention towards nursing and your baby. Feel free to use one of these phrases or create your own, posting it somewhere you'll see often.

***I am a wonderful mother! \*My baby and I are unique and I will not compare my breastfeeding experience to anyone else's. \*I will be gentle with myself and my baby. \*This challenging time will pass. \*One feed at a time! \*It's OK to need and ask for help learning to breastfeed. \*My breasts are perfect. \*When my baby fusses it is not a reflection of my parenting or my ability to nurse. \* It is ok if my baby nurses frequently. \*In the next few days or so it will get much easier. \****

I hope you will find a phrase or two that resonates with you as you works towards your breastfeeding/parenting goals of 2011. I also want to mention a couple more resources:

A sweet, little book I recently discovered is called, "[I Can Breastfeed, Visualize Your Way to Breastfeeding Success](#)" by Kristina Chamberlain. It is not heavy on technical breastfeeding info but it does have some nice guided visualizations for a variety of breastfeeding situations including the weaning process. I have some guided imagery [CDs for milk supply and pumping](#) that many of my clients have found useful. These are created by Robin Frees and are similar to the HypnoBirthing approach.

Whatever tools you use to help you relax into feeding your baby, the power of the mind-body connection is valid and important. When you are stressed, your body produces cortisol. Cortisol directly blocks the flow of oxytocin, the hormones that triggers milk let-down, bonding and relaxation. The power of affirmations is free and easy to access. So, go ahead and tap into that inner source of strength and allow yourself time, even amongst feeding/parenting chaos, to enjoy your baby. Remember why you are doing this and that challenges will pass. Finding joy amidst the daily stress of parenthood is a good resolution for all of us!

Contact: [www.lunalactation.com](http://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](#)