

News and Upcoming Events

We have moved!

Luna Lactation's office space has moved, our wonderful wellness collective, Nurture, is now right next door to our old space.

Come check us out!

Best Start with Breastfeeding Class 6/23

Low Cost Follow Up Clinic Day 7/9/11

Lactation Update for Birth Professionals 7/29/11

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



June 2011 Newsletter Wakeful Nights

May was a very busy month for me. I attended multiple conferences and workshops (I have clocked a lot of continuing-ed hours this year!). At times, my mind was so full of info, due to all the on-going learning, that I could barely fall asleep at night...which is exactly what babies go through too! Babies will keep themselves awake processing new skills at just about the point when many books and “experts” start to say they should be “sleeping through the night”.



Although we adults may crave an eight hour sleep stretch, babies are content with much different sleep arrangements. Like breastfeeding, babies often prefer sleep in small, frequent chunks. Their brains and are growing at a rate we can barely comprehend. They need frequent fuel and rest, although it may be in doses smaller than we expect. So, when your baby is on the cusp of cutting some teeth and starting to roll over, be patient with them if night wakefulness ensues...it is par for the course. I know *I* can't sleep when I am uncomfortable and am preoccupied!

There are causes beyond development and teething for night wakefulness. I occasionally find food sensitivities or sensory issues at the heart of some night waking cases. However, most of the time, the night waking infant is not the problem but are modern ideas and expectations of infant sleep patterns are. So, tired parents, hang in there...it does get easier and I always tell myself I'd rather be up with my wakeful baby rather than waiting up wondering where my teenager is late at night!

If you'd like to make an appointment to discuss your baby's sleep concerns, starting solids, returning to work or any other feeding related topic, don't hesitate to contact me.

Some useful links:

James McKenna—[Infant sleep research](#)

Sleep articles—[Natural Child Project](#), [Kellymom](#), [La Leche League](#)

Sincerely, *Melissa Cole*, *IBCLC* Luna Lactation, owner and board-certified lactation consultant

Contact: www.lunalactation.com Tel.360.830.MILK(6455) or [Email](#)

Have you received support from Luna Lactation?**Click here to take survey** .

If you do not wish to receive emails from Luna Lactation, [unsubscribe now](#)