

mañagu

ANNIVERSARY 2019

Vol. 18 #4

Budgeting
Before Your
Baby Arrives

**19 and
Counting**

Flights of
Family

**My First Year
of College**

The Inspiration
Behind Guåhan
Sustainable Culture

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editor's letter

Welcome back to another issue of MAÑAGU. This year, we congratulate Sagua Mañagu and their 19 years as Guam's first and only birthing center, a place where families are born. We joined hundreds of families who celebrated this milestone at Sagua Mañagu's 5th Annual Carnival and have pictures to share.

We also have photos from Kat David, Rachel Eusebio, and Liana Munoz's "Flights of Family," where each of these moms travelled with toddlers in tow. Their tales and travel tips are must-reads.

So, too, are the pieces from MAÑAGU's guest writers, Faith Hutapea and Michelle Crisostomo. Faith offers keen insights into life away from home during the first year of college. Parents as well as high school juniors and seniors considering college will want to keep this article handy. For anyone looking for ways to create something for themselves and their families, be sure to read Michelle's "The Inspiration Behind Setting Up Guahan Sustainable Culture."

Rounding out this issue is professional advice from registered dietitian nutritionist, Lenora Makela, and everyone's favorite Lamaze instructor and lactation consultant, Barbara Mafnas. Lenora offers suggestions on "How to Deal with Morning Sickness and Heartburn During Pregnancy." Barb discusses considerations on "To Breastfeed or Not to Breastfeed."

Thank you for reading MAÑAGU. It's certainly our pleasure bringing it to you.

Lina LG

mañagu

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About the cover:

Theo James is a loving burst of energy who is passionate about everything he does. Whether he's trying to figure out a puzzle or singing his favorite song "Let it Go," his charm will never cease to amaze you.

Proud Parents: Jesse and Liana Munoz

Photo by: Helana Leon Guerrero



PARENTING CLASSES 2019



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A class that focuses on a combination of relaxation, breathing techniques, comfort measures and position changes that are designed to help during labor and birth. We stress that partners are essential throughout labor, birth, postpartum and parenting.

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Crash Course Lamaze is a one-day, concentrated class that covers the entire course in 6 hours.

Refresher Lamaze is for returning parents who have taken lamaze in the past.

NOVEMBER CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Orientation 8:30-8:30pm	Breastfeeding Social 9-12pm Sitting Class 12-1pm Orientation 1:30-2:30pm Friends/Family CPR 4-5:30pm
	Breastfeeding and Postpartum Support 5-6:30pm Traditional Lamaze - Class 1 6:30-8:30pm		Orientation 6:30-8:30pm		Breastfeeding Social 9-12pm Crash Course Lamaze - 12-6pm Refresher Lamaze - 3-6pm
	Breastfeeding and Postpartum Support 5-6:30pm Traditional Lamaze - Class 2 6:30-8:30pm		Orientation 6:30-8:30pm	Orientation 8:30-8:30pm	Breastfeeding Social 9-12pm Baby Daddy Class 12-2pm Positive Disciplining 3-5pm
Eating Right During Pregnancy 5:30-7pm	Breastfeeding and Postpartum Support 5-6:30pm Traditional Lamaze - Class 3 6:30-8:30pm		Orientation 6:30-8:30pm		Breastfeeding Social 9-12pm Prenatal Care 12-1pm Breastfeeding 101 2-3:30pm Parenting Safety 4-5:30pm
	Breastfeeding and Postpartum Support 5-6:30pm Traditional Lamaze - Class 4 6:30-8:30pm				Breastfeeding Social 9-12pm Sitting Class 12-1pm Orientation 1:30-2:30pm Friends/Family CPR 4-5:30pm

DECEMBER CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Breastfeeding and Postpartum Support 5-6:30pm Traditional Lamaze - Class 5 6:30-8:30pm		Orientation 6:30-8:30pm		Breastfeeding Social 9-12pm Crash Course Lamaze - 12-6pm Refresher Lamaze - 3-6pm
	Breastfeeding and Postpartum Support 5-6:30pm		Labor Skills 6:30-8:30pm	Orientation 6:30-8:30pm	Breastfeeding Social 9-12pm Baby Daddy Class 12-2pm Positive Disciplining 3-5pm
Eating Right During Pregnancy 5:30-7pm	Breastfeeding and Postpartum Support 5-6:30pm		Orientation 6:30-8:30pm	Orientation 6:30-8:30pm	
					Breastfeeding Social 9-12pm

*SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

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LAMAZE REFRESHER.....\$75

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1. Line 2-1/2-quart glass or aluminum bowl with plastic wrap leaving 6-inch overhang; set aside. Slice pound cake into 14 slices. Line bowl with cake, cutting cake into triangles as needed to fit.
2. Scoop 1/2 of the Breyers® Original Natural Vanilla Ice Cream into bowl, pressing to form an even layer. Pour in room temperature hot fudge topping, leaving 1-inch border. Scoop in remaining Ice Cream, pressing to form an even layer; cover with overhanging plastic wrap. Freeze 4 hours or overnight. Freeze serving platter 30 minutes before serving.
3. Meanwhile, for "pumpkin stem", cut wide top section off ice cream cone with serrated knife; place bottom section upside down on plate. Spoon frosting into pastry bag with small star tip or small plastic bag with corner snipped, then pipe small stars onto cone. Chill at least 20 minutes.
4. For "leaves", microwave taffy candy in microwave-safe pie plate lightly sprayed with nonstick cooking spray at HIGH 5 to 10 seconds or until the four strips can be pressed together to make 1 large piece. Cut out 2 heart shapes with 2-inch heart-shaped cookie cutter or sharp knife. Press "veins" into hearts with back of knife; press to form curved leaf shape; set aside.
5. For "tendrill", cut thin strip from fruit leather; wrap tightly around a straw and freeze.
6. Spoon whipped topping into large bowl. Add marshmallow creme and whisk until smooth. Stir in food color to desired color. Lift Ice Cream from bowl using plastic wrap and invert onto chilled serving platter; remove plastic wrap. Spread orange cream mixture over bombe.
7. Decorate with "pumpkin stem", "leaves" and "tendrill".

INGREDIENTS

1 package (10.75 oz.) frozen prepared pound cake or angel food cake, thawed

1 container (1.5 qt.) Breyers® Original Natural Vanilla Ice Cream, slightly softened

3/4 cup hot fudge topping, at room temperature

1 wafer ice cream cone

1 cup prepared chocolate frosting

4 green taffy candy strips

1 piece green fruit leather

1 container (8 oz.) frozen whipped topping

1 jar (225 mL) marshmallow creme
Orange paste food coloring



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TIP: Substitute TWO of your favorite flavor Breyer's All Natural Ice Cream by using half a container of each.

Budgeting for Your Baby and Beyond:

Before Your Baby Arrives



Contribution by Bank of Guam

This article is the first in a two-part series on budgeting for your baby and beyond.

Congratulations, you're having a baby! Whether you are well into your pregnancy or just thinking about starting a family, now is the time to prepare for a new addition. Having a child and raising a family are important decisions every couple must make. Planning for the future is important, and it is a good idea to start considering your many options now.

The easiest way to approach budgeting for a baby is to do so in phases: before your baby's arrival, childhood, and college. In your budgeting approach, use the phases of his or her life to get a more realistic picture for what you will need to plan.

First, schedule an appointment with your physician to assess your physical health. Knowing now where your health stands will give you the opportunity to get fit, get healthy, and get ready for your new arrival.

Just as important is getting a check-up for your financial health. Physical and financial health actually go hand in hand. Studies show that financial stress can lead to a variety of health problems. Be honest about your financial situation, and start now, if necessary, to improve your credit, your savings, and possibly your income.

One of the key things to consider is whether you or your spouse will stay home to care for your child. Being a

stay-at-home parent has many pluses, which include less expense for clothing, commutes, and weekday lunches. It also means that you are the primary caretaker for your child. If this is something you are considering, it may be a good idea to try living on one salary for several months. It would be best to do so before the baby arrives to see what your household needs to survive. Doing this exercise for a few months or for the duration of your pregnancy will also build you a sizable cash reserve for emergencies.

Before your baby arrives, review your health insurance policy and that of your spouse's to determine which one offers better benefits for prenatal care and delivery. If switching is in order, do so before your pregnancy becomes a pre-existing condition, which can then limit the care that the policy will cover. Now is also the time to evaluate which policy provides better care for infants and all the check-ups they will need. Remember that your newborn will need regular well-baby visits and scheduled vaccinations, so review each policy carefully to assess what it covers in order to avoid any surprises.

Next, make a list of all the items you'll need for your baby's arrival. Diapers and formula top the list as the most expensive items. To save money, consider breast-feeding your baby and using cloth diapers. Be realistic – if the

thought of doing laundry more often isn't appealing, reusable diapers may not be an option for you. Along with countless health benefits, breast-feeding is free, completely portable, and doesn't require bottles, liners, and bottle warmers.

"The dream nursery" and the trendiest baby gear are appealing but can cost thousands of dollars. You can still be stylish without breaking the bank. Be creative, and use your talents and resources. Let friends and family know you're open to receiving hand-me-downs. Frequent yard sales and flea markets for great finds on baby furniture and gear. If you decide on used items, be sure to check the manufacturers'



websites for recalls before using any of the equipment. Research the latest safety standards, and make certain that those items adhere to them. Ensuring the safety of your baby is paramount, and so if it means budgeting for a new crib or car seat, do so.

Although raising a child in today's world is expensive, it should not deter you from experiencing one of the greatest joys in life. With some planning and discipline, raising children can be done on any income.

In the next article of this series, we will discuss budgeting for childhood.

Some information taken from "Budgeting for Baby? Try These Tips to Get Started" by Jean Chatzky.

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19 and Counting

On Saturday, August 17, 2019, Sagua Mañagu's 19th anniversary celebration culminated with its 5th Annual Kids Carnival. Free games, prizes, entertainment and treats were enjoyed by one and all.







Mom and Baby Kairo visit Stonehenge in Wiltshire, England.

KAT DAVID

Travel Destination: United Kingdom

Travelers: Mom Kat and Baby Kairo (8 months)

Favorite Memory: Longleat Estate and meeting family for the first time.

Funniest Thing that Happened: Forgetting the car seat in the car.

Best Travel Lesson Learned: BYOB (bring your own blanket).

Airline Name: Korean Air

Thumbs Up or Down: Two thumbs up!

Aisle or Window Seat: Aisle seat means flexibility.

Travel Hacks and Tips: The air pressure change during takeoff and landing hurts the baby's ears, so to avoid that discomfort, make sure they're sucking or drinking something during that time.

RACHEL EUSEBIO

Travel Destination: Busan, South Korea

Travelers: Family of 14 with 5 kids ages 1 to 11 years old

Favorite Memory: Every time we went out to eat together. It was such a great time to be there as a family and experience new things.

Funniest Thing that Happened: When we went ice skating and all the parents rocked it because of our previous experience at "Skates n' Blades." Kids had a rough time.

Best Travel Lesson Learned: Always be open to new things and food.

Airline Name: Jeju Air

Thumbs Up or Down: Jeju Air is two thumbs up.

Aisle or Window Seat: Parents got aisle seats, kids alternated window seats.



Traveling family of 14 enjoying the sights at the Haedong Yonggungsa Temple in Busan.

Travel Hacks and Tips: Always bring reusable water bottles, raincoats, extra sweaters, and reusable bags for shopping.

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LIANA MUNOZ

Travel Destination: Hong Kong and Italy

Travelers: Family of 5 with 3 kids between 1 and 4 years old

Favorite Memory: Seeing the Pope and walking streets with lots of history!

Funniest Thing that Happened: Europe in general has a lot of art to offer, and our toddlers didn't hesitate to point out what they saw...loud and proud. "Yes indeed, it is a dāgan," I'd respond.

Best Travel Lesson Learned: The best travel lesson we learned was not to put all our electronic devices in the same bag. The bag got left behind in Dubai. We'll definitely look into getting travel insurance the next time we travel that far.

Airline Name: Philippine Airlines and Emirates

Thumbs Up or Down: Philippine Airlines, two thumbs up. Emirates is the best, with five thumbs up.

Aisle or Window Seat: Window/center seats are perfect for the kids, and aisle seats are great for mom and dad.

Travel Hacks and Tips:

Before your trip, be sure to download your airline's app to your electronic devices for in-flight entertainment (in case screens aren't provided for each passenger).

Allow gummies, Hi-Chew, gum, susu, bottle and/or sippy cup for kids to chew on or drink during take off and landing...or to just calm them down!

Keep disinfectant wipes if you're a germ-a-phobe, hand towels (microfiber) in case of spills, and big resealable bags for soiled things.

Read up on mom-traveler blogs, of course.

Mentally prepare yourself, and expect the worst. I know this sounds scary, but you'll be more relaxed and able to just laugh through the chaos and STARES. Safe Travels!



Luca, 4, and Olivia, 2, at the Vatican.



The Munoz family at St. Peter's Square in Rome.

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Ten Things I Learned During My First Year of College

Faith Hutapea
Occidental College '22



1. Homesickness

Let's put this into perspective. Guam to Los Angeles: 9,794 kilometers, 17-hour time difference, 8 months. These numbers vary depending on which university or college you choose to attend. However, you're bound to experience homesickness at least once during your first year when living off-island.

In my first semester, I remember having waves of homesickness. I missed everything from home-cooked meals, family, and friends, to even seeing the ocean instead of mountains when driving around.

First of all, at least once or twice a week, I recommend regularly calling or facetimeing your parents or other family members that you talk to on a regular basis back home. Texting is an easy everyday option but hearing a familiar voice or seeing a familiar face does wonders for homesickness.

Second, you should add something to your new everyday routine from your regular routine back home such as working out, playing sports, going to church, enjoying movie nights, or journaling. It could be anything, just as long as it puts a familiar activity into your new environment.

2. Morning Classes

Don't sign up for them. That's it. Period. Okay, let me explain.

In high school, I woke up every morning around 6:00 a.m. to prepare for school and the daily commute, and I woke up even earlier on days when I had projects or exams. Last spring, I signed up for an 8:30 a.m. class that met every Monday, Wednesday, and Friday and included an 8:30 a.m. lab on Tuesdays as well. I can safely say that waking up early every morning did not become routine. Even though I tried my hardest, I still had to drag myself out of bed most days. In my personal experience, the earliest class you should take should be after 9:30 a.m.

There's always an exception to the rule, and if you truly believe that you're an early bird and most productive in the morning, all the best to you. You should sign up for morning classes. However, even for early birds, I would recommend that you don't sign up for classes before 9:30 a.m. and instead, use your extra time in the morning to catch up on readings, have breakfast, or exercise.

3. Ask and It Will Be Given to You

In other words, don't be afraid to ask.

Ask your professor for extra help or time if you need it. There is no guarantee that they'll give you exactly what you need, but they will often refer you to other resources for help.

Ask your upperclassmen what classes, clubs, or even local spots around campus they recommend. Even something as simple as asking your friends about where to go for dinner, to see a museum, or even for a fun weekend activity at a beach will give you the chance to have great experiences during college.

When you politely and assertively put yourself out there, college becomes a much more enjoyable and lively place. Truthfully, you will still face rejection during your college years, but instead of letting the rejection define you, learn and grow from it.

4. Office Hours

Office hours are one of the best resources on campus. Professors are there to teach, help, and guide you! Office hours are hours designated by the professors of your courses during the week where you can stop by their office and ask for help. At most colleges, office hours are an incredible resource for homework help, getting answers to questions based on lectures, learning about research or mentorship opportunities, or just getting to personally know your professor. If you're naturally introverted or shy, office hours are a great place for a one-on-one conversation to introduce yourself or to ask questions you didn't feel comfortable asking in class.

5. Study Spots

It's extremely helpful to find and establish a few study spots around campus whether these might be in the library, outdoors in the quad, or in the common rooms. When finals

Occidental Women's Rugby Club in Dublin, Ireland.





Occidental Women's Rugby Club

season rolls around, most students are struggling to find a space to study due to the increase of students' last-minute studying in the library, and you'll be prepared with other alternatives.

6. Try Something New

Don't just step out of your comfort zone, throw yourself out of your comfort zone either physically, mentally, or emotionally. If whatever you choose to sign up for isn't your cup of tea, you have the choice to leave it in the past. What matters is that you tried something new or different.

Last fall, I signed up for Occidental's Women's Rugby Club, and it was easily one of the best decisions I've ever made. In addition to learning about and playing such an amazing sport, I've made a lot of new (and upperclassmen) friends and I'm actually excited about exercising three times a week. Earlier this year, I had the opportunity to play club rugby with my team in Dublin, Ireland! There was no better way to spend spring break than exploring Dublin and creating such fond memories with the people I had gotten to know extremely well over the past two semesters.

7. Take Advantage of Everything Free

Throughout the year, there will be a multitude of events hosted by your college, by clubs you join, or by RAs (room advisors). The best part about these events is that they're free! It's a great way to get out of your dorm (if you need the extra push) and to meet new people.

Last semester, I attended guest speaker events, games, mini-concerts, self-care nights, plays, and even a grunion run that took place at midnight near the Cabrillo Marine Aquarium – all for the price of nothing!

8. Making Friends

I believe the easiest way to make friends is to find people with a common background or common interests. You'll definitely make friends within your major (due to similar classes and academic struggle), however, I highly encourage you to try to branch out and meet people from different backgrounds with their unique interests. Be kind

and open-minded. After all, the people you're likely to meet are in the same shoes as you, adjusting and wanting to find their own niche in a new environment.

9. Roommate Horror Stories

Here are some ABC's to create a positive environment in your dorm:

Address the little things before they turn into bigger issues, but always be respectful when doing so. Be assertive, and set boundaries early on in the year.

Consideration. Remember to put yourself in your roommate's shoes whenever you're in disagreement. Try to understand where they are coming from, however, don't be afraid to speak up and stand up for yourself.

Don't worry if you're not the best of friends with your assigned roommate. It's more important to be in an environment where you can openly communicate and feel safe and comfortable.

10. Explore Your City

The dream combination for escaping the campus bubble is a friend with a car (if you have your own car, even better) and an area to explore. Fortunately for me, I live in Northeast Los Angeles, and my best friend was able to bring her car to campus for our sophomore year!

During my first year, it was difficult to go out every weekend without a car. When my friends and I did go out, we would make trips to both touristy Los Angeles areas (Santa Monica, Venice Beach, DTLA, and

Universal) and hidden gems (Highland Park Theaters, Echo Park Lake, and Mulholland Drive).

One of my absolute favorite things to do in Los Angeles is attending movie premieres and competition shows for free! Large events are always looking for seat fillers and will take almost anyone and everyone. I'll admit it is a long waitlist but well worth it if you're given tickets.



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The Inspiration Behind Setting Up

Guåhan Sustainable Culture

By Michelle Crisostomo

Wouldn't it be glorious if we all had access to fresh, affordable, and healthy produce that could be grown in the comfort of our own homes? My newfound love for farming, along with the desire to share ideas and teach others how to grow their own food, was the inspiration for creating an organization that focused on educating and empowering others to grow and harvest their own food for themselves and their families. If we combined the efforts and support from other farmers, social activists, government leaders, business owners, and the community, we CAN revive a culture of feeding our people, improving our well being, and saving natural resources to bring us closer to achieving food sovereignty for Guam.

This idea prompted my father's suggestion to set up a non-profit organization to accomplish such a substantial task. And so with little money and a need for community support, I sought the help of Marlyn Oberiano, who became a co-founder of our organization. We shared a similar passion, and her strengths and knowledge in finances, fundraising, and establishing non-profit organizations helped to create what is now Guåhan Sustainable Culture (GSC). We then secured the support of the island's experts in horticulture, fisheries, science, and farming to lead a series of food security workshops. I realized I needed to prepare for a certain level of commitment, time, and hard work for us to launch

successfully.

My new business, GU Hydro, took a back seat, along with everything else in my life during that time period, and I resigned from my full-time job. I knew there would be chaos, uncertainty, and a very hectic schedule ahead of me. It was possible that without employment and with all of my attention focused on this project, I could end up selling my house and car to stay afloat. The hardest decision I had to make was to withdraw my children from school in December and move them to the states for the time being. For six months, I was absorbed in this venture while my children were safe and away from the chaos. I can surely say that the separation was well worth it, for it gave me time to focus on GSC and learn more about sustainable methods of agriculture, as well as discover things about myself that I never knew. And I was able to take this knowledge and share it with my children. My twelve-year-old son now knows how to grow and cook his own food





as well as how to raise and care for chickens. When you teach a child to grow their own food, you are feeding them for life.

Trying to fulfill a mission for greater food security for our island is quite a daunting task. All the hurdles we had to cross had me wanting to give up on many occasions. But the support GSC continues to receive is overwhelming. We have met and developed meaningful relationships with so many talented and like-minded individuals who share the same dream for our island. It is because of the foundational support from entities such as the University of Guam, Guam Economic Development Authority, AmeriCorps, Humanities Guåhan, Farm to Table, the Farmers' Cooperative Association of Guam, and private businesses that we are able to reach our goals and continue the work we do with credibility. In just eight months, GSC has launched six very successful food security workshops, proving that the people in our community have a desire to learn and others are willing to teach.

We were welcomed into the Sagan Kotturan Chamoru Cultural Center and offered a home for our organization.

Able bodied volunteers looking for involvement came to clean and clear the property in preparation for the move into our new office. While our passion for food security inspired us, it was the constant support we received, always at the right time, that kept us going. With each "yes" that we received, we became even more inspired to move forward.

Without electricity, GSC's office, community garden, and educational facility at the Cultural Center will require solar power, as well as renovations, tools, workers, and much help from our community. Our educational workshops require supplies, time, dedication, and the very best instructors we can find.

We hope the community will join us in support of our very first "Wine in the Garden" fundraising event on Saturday, October 26, at 5:00 p.m., at Hamamoto Tropical Fruit World to raise funds for these needs.

When united, we can bring our island closer to food sovereignty and greater food security, where our people are proficient in cultivating their own food, and most importantly, where our land, air, and seas are sustained for future generations. Please join us!



How To Deal With Morning Sickness & Heartburn During Pregnancy

By Lenora Matanane Makela, RDN

It is all too common to feel like hormones have taken over eating instincts during pregnancy. Likewise, we know pregnant women can typically experience morning sickness (nausea and vomiting), and heartburn (acid reflux). Letting go of all your nutrition practices to indulge in daily sweet cravings (for food and/or sweet beverages) is NOT the answer, nor is skipping meals to control weight. Here are some practical things to try during pregnancy that support healthy pregnancy outcomes.

For nausea and vomiting:

- Eat small, more frequent meals instead of eating three (or less) larger meals in a day.
- Take a prenatal multi-vitamin/mineral supplement. If your supplement seems to make you feel worse, then take it with a meal or try a different brand that might be easier on your body.
- Avoid spicy, greasy, and fatty foods – Fatty foods include deep-fried foods, creamy sauces like Alfredo, Caesar/ranch/thousand island dressings, clam chowder, etc. Some women may be sensitive to tomato products, highly acidic citrus products, carbonated drinks, and caffeine.

- Include protein with all your meals and snacks – Though you may not be craving for protein-rich foods, consuming protein at every meal/snack helps relieve nausea more than carbohydrates. Examples of protein aside from meat include low-fat yogurt, low-fat or skim/nonfat milk, eggs, nuts, nut butters, tofu, part-skim cheese, and low-fat cottage cheese.
- Stay hydrated with water. Generally, six to eight cups (48-64 ounces) of water are recommended. You should also take a look at the color of your urine, which should be pale-yellow to clear in color throughout the day. Do not count the urine episode after you have taken a prenatal supplement, as it is often colored by the excretion of vitamins.
- Avoid strong, offensive odors and get fresh air.

For acid reflux and heartburn – Over-the-counter calcium-based antacids may be helpful in relieving heartburn. However, a good extent of symptoms can be treated, and even prevented, by making some of the following changes:

- Eat smaller, more frequent meals instead of eating three (or less) larger meals in a day.
- Avoid spicy, greasy foods, and fatty foods.

- Drink less while eating. While adequate hydration is important, drinking large amounts of fluids while eating increases the total volume in your stomach, which may increase the risk of acid reflux and heartburn. Instead, spread out your water intakes throughout the course of the day and between meals.
- Wait one to two hours after eating to lie down – sleep with your head slightly elevated.
- Wear loose-fitting clothing to reduce pressure on your stomach and abdomen.
- Quit smoking and tobacco use.



Resources:

American College of Obstetricians and Gynecologists. FAQ120: Problems of the Digestive System. <https://www.acog.org/-/media/For-Patients/faq120.pdf?dmc=1&ts=20190626T0142261209> Published January 2014. Accessed June 25, 2019.

American College of Obstetricians and Gynecologists. FAQ126: Morning Sickness: Nausea and Vomiting of Pregnancy. <https://www.acog.org/Patients/FAQs/Morning-Sickness-Nausea-and-Vomiting-of-Pregnancy> Published December

2018. Accessed June 25, 2019.

Kaiser LL, Campbell CG. Practice Paper of the Academy of Nutrition and Dietetics: Nutrition and Lifestyle for a Healthy Pregnancy Outcome. https://www.eatrightpro.org/~media/eatrightpro/files/practice/position_and_practice_papers/practice_papers/practice_paper_healthy_pregnancy.ashx. Published July 2014. Accessed June 25, 2019.

Pregnancy is a time to be the healthiest version of yourself. That doesn't mean restricting foods, but rather, including all food groups in your meals and snacks throughout the day, every day. It is just as important to take care of yourself and your baby with moderate exercise, adequate sleep and stress management. Be sure to keep hot foods hot (above 140°Fahrenheit) and cold foods cold (below 40°Fahrenheit), in addition to practicing good hand hygiene, to avoid food safety risks during pregnancy.

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to all the babies born at Sagua Mañagu!

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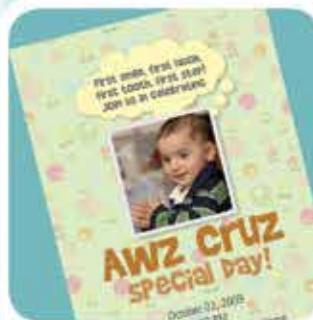
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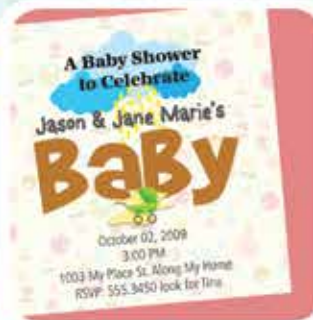
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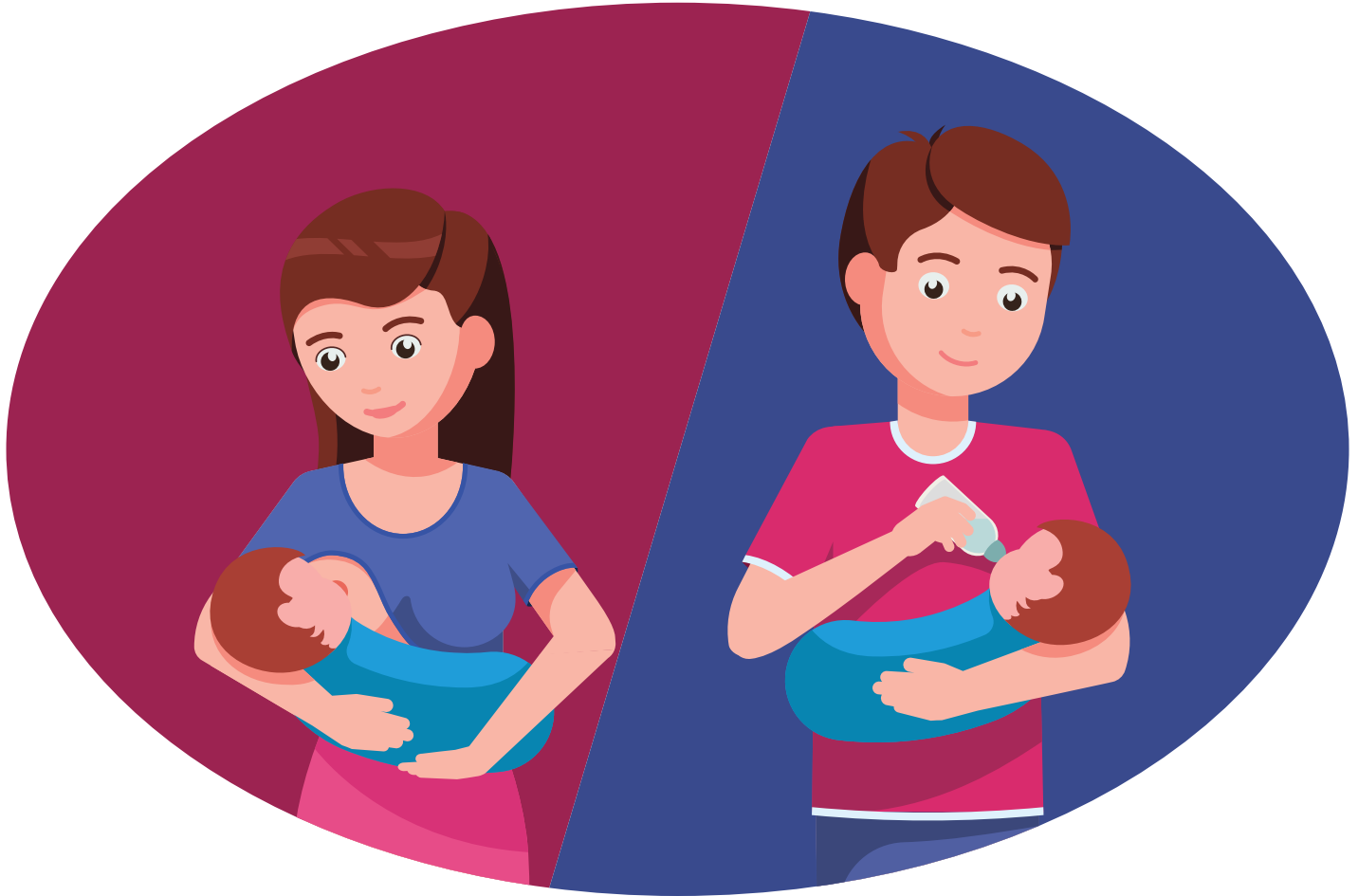


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To Breastfeed or Not to Breastfeed



Barbara Mafnas, RN, MSN, LCCE, IBCLC

Every mom should, if she can, breastfeed her baby. Research tells us over and over that breast milk is best, and human milk is for human babies. Society is sometimes on the fence. While they agree that breast is best, they differ on where it is best. Social media has shamed women who breastfeed in public or without a cover, even though bathing suits show more. Pictures have been taken down from sites like Facebook because someone was offended.

The benefits of breastfeeding far outweigh the consequences of formula. Breastfeeding is totally free! Breast milk has a protective component of antibodies and immunities and is perfectly balanced for each baby. It prevents obesity, diabetes, and reduces the risk of ear infections and some childhood illnesses. Breastfeeding also helps the mom since she will have less chance of bleeding after birth. She also has a lesser chance of postpartum depression. She loses her weight faster, and breastfeeding can lessen the chance of ovarian and breast cancer.

Moms with certain illnesses should not breastfeed. If

she has HIV or is taking cancer medication, she should not feed at the breast or offer her breast milk. The medication from cancer can pass through the milk and cause harmful side effects for the baby. Smoking is another big issue. It causes ear infections and more coughs and colds and even asthma. Smoking should be restricted and even banned when a mother is breastfeeding. Alcohol should be restricted as well.

A lack of education is a big factor in deciding to feed or not to feed from the breast. Learning more by reading, taking classes, and asking breastfeeding moms about their experiences can make a huge difference in her success. Knowing the difference makes a big difference!

So every mom should breastfeed, but not every mom can. The research definitely says it's best, and the benefits are amazing for mom, baby, and the environment. But clearly there are some who cannot, since there are factors that can be harmful. Should everyone breastfeed? That's between the mother and the baby . . .



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