

The Power of Love & Support



A Romantic Breastfeeding Story

Brought to you by: The UConn Family Nutrition Program, The Hispanic Health Council, Inc.,
and The Cooperative Extension System.

DEDICATION

This *fotonovela* is dedicated to all the mothers of Hartford and their adorable children. May all their breastfeeding dreams come true!

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Juana — Vickie Valle
Carlos — Manuel Meléndez
Jesús — Harby Bonello
Nurse — Beverly Villanueva
Peer Counselor — Maritza Morales

While María and her newborn were waiting for her husband in downtown Hartford, they met with her friend Juana who is expecting her second baby.













Well, since both María and I work, I feed him with the bottle when María is at work.

So you do use a bottle!



Yes, but the bottle does not have formula—it has my own milk.

So, I can offer him the bottle from the beginning?



Well, it's better if during the first 6 weeks the baby feeds from the breast. Then, you can express the milk and save it for when you go to work.

She's right! It really makes sense!



Well, thank you both. This conversation has really changed my mind about breastfeeding.

Juana. You can do it. But you will need support from your family and friends. Remember I am here for you.



Carlos, do you think you can talk to Jesús? Maybe another man's view can change his mind.

Sure. That wouldn't be a problem. I can come by sometime this weekend if you like.



That sounds great. I'm so happy I ran into you today. You've really got me thinking

That's great. I'm telling you, Juana, breastfeeding can be wonderful!

Then, Carlos decided to visit Juana's husband during the weekend.



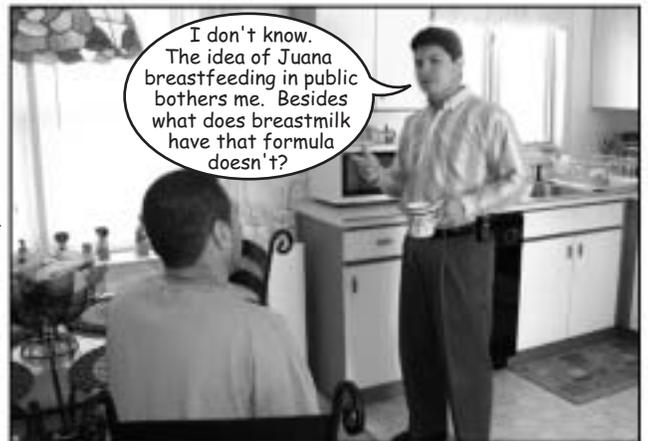


Yes, I am.
You don't have to worry about buying expensive formula or waking up in the middle of the night to warm up bottles. Most importantly, the baby hasn't been sick, because breastmilk has antibodies that help him fight infections.



Are you trying to convince me?

I think you should consider supporting Juana to breastfeed the baby.



I don't know. The idea of Juana breastfeeding in public bothers me. Besides what does breastmilk have that formula doesn't?



Breastmilk is naturally designed to promote the best physical and intellectual development in your baby. So, don't hesitate, and support Juana.



If breastfeeding is supposed to be so good for the baby and mother, I don't understand why so many people use formula.

I think a lot of people don't have support, information or role models to help them breastfeed.



With our first baby, Juana tried to breastfeed but her breasts were swollen and she was in pain. How can I help her?

Warm compresses and massages will help her feel comfortable. You can also help her to relax while she is breastfeeding, by taking care of other things at home.



Formula feeding was good for us because I could help feed the baby and avoid changing diapers.

I don't mind changing our son's diapers because breastfed babies don't have... smelly diapers.



How can that be? My daughter's doo-doo smells!

It's because breastmilk is soft on the baby's tummy.



So breastfeeding really is the best, but then, why doctors and nurses tell us to use formula?

Nowadays most of them promote breastfeeding because it is proven to be the best way to feed a baby.



This decision is important for your entire family and both of you need to work together. Also, let your doctor know about your decision.

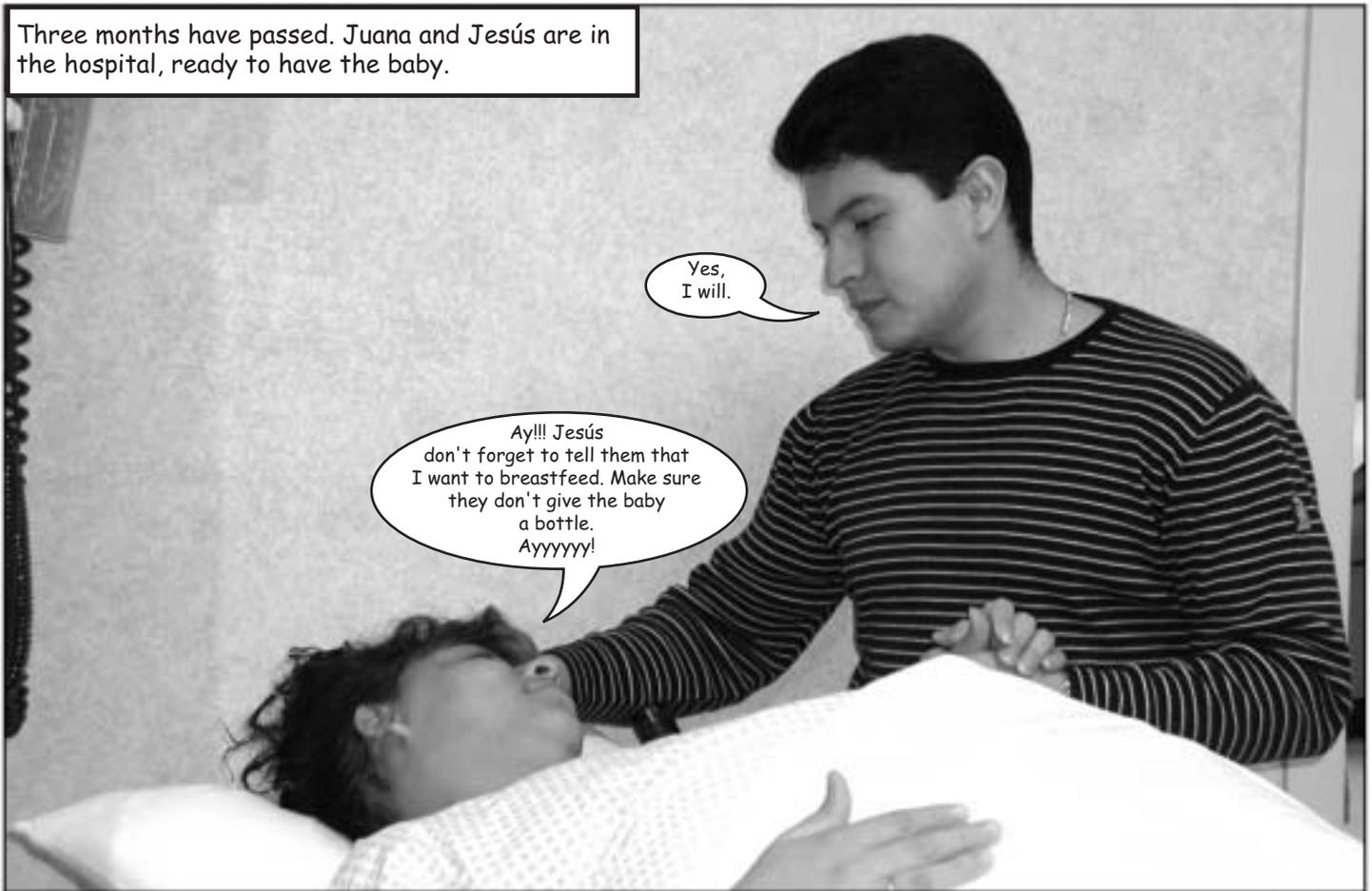
I just need time to think about it. But thanks for coming by and for your information.



If you or Juana need anything, María and I are here for you. See you soon.

Thanks!
Goodbye.

Three months have passed. Juana and Jesús are in the hospital, ready to have the baby.



Yes, I will.

Ay!!! Jesús don't forget to tell them that I want to breastfeed. Make sure they don't give the baby a bottle. Ayyyyyy!



Did you say something about breastfeeding?

Yes, we want the baby to be breastfed and to stay with us in the room.



I'll write it down in your records and I'll send a breastfeeding peer counselor to visit you after the baby is born.

Juana and Jesús' new born baby girl is breastfed soon after she is born.



Hi, I'm your breastfeeding peer counselor. I can show you how to breastfeed your daughter.

Thank you! You came at the right moment, because she is hungry now.



Look, what a beautiful baby. We have to position her properly so that she isn't pulling and so you are both comfortable.



You want to make sure your baby is close to you, tummy to tummy.

It's hurting me a little... Is this normal?



I will show you the proper way to position the baby and the correct way for the baby to latch on. We should raise her up a bit. I'll ask Jesús to get us some more pillows so you can be comfortable. Once you figure out a comfortable and proper position, everything will feel better.

Juana is comfortable with more pillows and blankets, and she begins to breastfeed.

You want to make sure the baby is in a proper position. You can raise her with pillows or blankets so that she isn't pulling down. That can cause pain. You also want to be sure that at least 1/4 of your areola is inside the baby's mouth, and more of the bottom of it.



This feels much better.

I'm so happy we decided to breastfeed our baby.



Well, at the beginning you should nurse at least 10-12 times in 24 hours. With time, you'll get into a routine that's good for you and your baby.

So, how often should I breastfeed?



How will I know my daughter is getting enough milk?

You can tell by how many wet diapers she has. She should have lots of dirty diapers and less wet diapers during the first few days. After those few days she should have 6 to 8 wet diapers and less dirty diapers.



Juana will have enough milk to feed the baby, right? I don't want the baby to be hungry.



Yes, she will have enough milk. And the more often she breastfeeds, the more milk she will have. Juana, you should try to stay with the baby as long as you can and avoid giving her the bottle at the beginning because it may interfere with breastfeeding.



How's that?

Well, the bottle may interfere with the arrival of your milk and with how much milk you produce thereafter.



My friend Maria said her husband gives the baby a bottle with her breastmilk when she is at work. Is that OK!

Of course if you plan on working, you should pump your milk and have somebody else feed the baby with breastmilk instead of formula. That way your baby gets all the benefits of your milk even though you are not with her.



Thanks for your help.

If you have any problems with breastfeeding, please call me and I will come back to help you.



Four months later...

Juana, I'm so glad I listened to Carlos... you are still breastfeeding and Angela is so healthy! I love both of you so much...

The End.



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