

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

August is **National Breastfeeding** Month

The decision to breastfeed is a personal matter. Breastfeeding your baby provides a near ideal mix of vitamins, protein, and fat. These are all things your baby needs to grow. Breast milk contains antibodies which help your baby fight off viruses and bacteria, in addition to lowering their risk of asthma and allergies. Mothers benefit from breastfeeding by saving money on formula and increasing the number of calories burned per day. (What a great way to lose that baby weight!) Breastfeeding has been shown to reduce a woman's risk of breast and ovarian cancer. It releases a hormone, oxytocin, which helps a women's uterus return to its pre-pregnancy size and can reduce uterine bleeding after birth.

If a woman chooses to breastfeed it is recommended that she does so for at least 6 months. The first 3 weeks of breastfeeding are often the hardest. Teaching your newborn to properly latch and understand when they are hungry or full can be tough, but it gets easier with time. There are different positions you can use to breastfeed: cradling, football, and side-lying. There are three keys to breastfeeding, known as the ABCs:

- Awareness:** Watch for your babies signs of hunger and feed them when they are hungry.
- Be patient:** Let your baby feed as long as it wants to each time. Don't rush your child. Each feeding session is typically 10-20 minutes.
- Comfort:** Relax while breastfeeding, this helps your milk to flow.

If you choose not to breastfeed and instead opt to use formula, keep in mind that formula actually takes longer to digest in a baby's system, therefore you wouldn't need to feed your baby as often.

A common myth about breastfeeding is that a woman can't become pregnant while doing so. If you're sexually active while breastfeeding you actually *can* get pregnant. If you're not ready for another child right away, consider starting your contraceptive method as soon as possible.

**For more information call Christy Richards, Ontario County Public Health Nurse at 585-396-4558.*



Partner **SPOTLIGHT:**

By: Trina Fletcher



ProAction

of Steuben and Yates, Inc.

helping people. changing lives.

The **Yates Family Development Youth Life Skills** program is a voluntary preventative health program for at risk youth aged 10-18 years. Our program is a strength based program that provides families with referrals, access to resources, direct services and assessments, informal counseling, advocacy, goal setting, and guidance with achieving goals. Goal areas can be anything a participant identifies as a goal and these goals typically relate to life skills, education, employment readiness, housing, nutrition, money management and budgeting, and information regarding their results from the Casey Life Skills Assessment. A youth family development worker uses an in-depth curriculum that creates a vivid achievable scenario for successful independent life and provides basic training for success in our economic world. Youth might learn to conduct an effective job search, skills in keeping a job and excel in the workplace. They may also learn to identify interpersonal and soft skills that are critical to survival while learning to understand consequences, build confidence, and make better choices.

On occasion, youth may attend groups to earn an attendance certificate and incentive to continue the program.

**Referrals can be made by contacting Trina Fletcher at (315) 536- 5515 ext. 4410 or via email at fletcher@proactioninc.org.*

Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

WHAT'S YOUR BACK-UP PLAN!?

Have you ever thought about what you would say if someone told you their condom broke, they forgot to take their birth control, had unplanned sex or were not using any contraception and was sexually active? There is a pill, known as "the morning after pill," or Plan B that can help reduce chances of pregnancy after any of these situations. Plan B is a levonorgestrel pill, which can be taken after a contraceptive failure. Plan B works similar to how other hormonal methods work, but instead of slowly releasing hormones, it releases a high dose of hormones to trick the body to think you have already released an egg. This way if sperm are present, there is less likely to be an egg to fertilize. This pill can be taken up to 5 days after unprotected sex. The sooner you take the pill the more effective it is in preventing pregnancy. Plan B can be up to 94% effective at preventing a pregnancy if taken within 24 hours. It is 70-80% effective if taken within 2-3 days and only about 20% effective if taken at 5 days. Plan B does not prevent STI's, so it's an important time to consider getting tested as well.

Plan B can be purchased over the counter without a prescription if you are 15 or older in NYS,

with ID and will cost money (on average \$60), or can be given at our health centers. If you are above the age of 18 and looking to get reproductive health services from us you must call for an appointment, but make sure the front desk knows your appointment needs are urgent. Minors may walk in for same day services without an appointment but we encourage them to call to schedule. Plan B will not harm a baby if you are already pregnant. We all know accidents happen, so it's important to know how to protect yourself and others after one occurs!



Registration is now open for the 2016 Adolescent Health Conference!

Sign up today!

Where Are We (FLCH) This Month?

- **August 1st:** Steuben ARC Meeting, Bath
- **August 2nd:** Tier One Meeting - Penn Yan (10am)
- **August 5th:** Baby Café for Breastfeeding Week - Bath (11-12pm)
- **August 10th:** CAAST Meeting - Geneva (9:15am)
- **August 18th:** Southern Tier Sexual Health Meeting - Bath (10am)
Finger Lakes Sexual Health Meeting - Canandaigua (2:15pm)

***Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?**

For more information go to www.localcommunityhealth.com or contact us today to schedule a time!



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