



## The Milky Way Summer 2023

# Hello from Milky Moms

A big welcome to everyone from your team at Milky Moms! We are so happy to have you as part of our family.

Our goal at Milky Moms is to meet the ever-growing needs of new families in our community. We discuss and support your lactation/infant feeding needs along with perinatal mental health services.

We offer in person office, virtual and home visits to our community. Thank you for letting us be part of your journey!

*Laura, Lea, Amanda, Jordan, Kelly, Lana, Savanna, and Natalie*



## Coffee with Moms

Friday Mornings @ 10:00 – La Plata

## Lactation Support Groups

LEONARDTOWN TUESDAYs 11am-12pm  
PRINCE FREDERICK THURSDAYS 11am-12pm

[SIGN UP @ MILKYMOMS.ORG](https://www.milky moms.org)

Under classes/events

*Remember we all walk a different path.*

*Your journey is yours alone... Ask for help, it is OK*

# Lactation Tidbits

## Foods that Support Your Milk Supply

It's always good to eat a well-balanced, healthy diet and drink plenty of water. To promote milk production, you may want to add some *lactogenic* foods (foods that increase milk secretion) to your diet:

Vegetables: fennel root, beetroot, carrots, yam, sweet potato, dark leafy greens

Fruit: dates, figs, apricots, papaya

Some fats: butter, olive oil, coconut oil, sesame oil

Grains: barley, oats and oatmeal, quinoa, rice, brewer's yeast

Nuts and seeds: almonds, sesame seeds, sunflower seeds, chia seeds, hemp seeds, flaxseeds, coconut

Legumes: chickpeas, lentils, peas, green beans, kidney beans, black beans, white beans

Seasonings: marjoram, basil, pepper, fennel, anise, dill, caraway, cumin, garlic, ginger, onion, oats, brewer's yeast, flaxseed, and more

## Oatmeal and Banana Lactation Smoothie

<https://www.whatmjloves.com/lactation-smoothie/>

### Ingredients

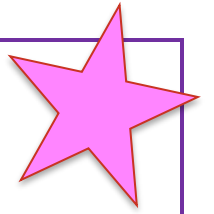
1. 1 1/4 cup almond milk
2. 1 banana
3. 1/4 cup oatmeal
4. 1 tbsp peanut butter
5. 1 tbsp flax meal
6. 1 tbsp brewer's yeast
7. 1 1/2 tbsp honey (or preferred sweetener to taste)
8. Dash of cinnamon
9. Dash of nutmeg
10. 2 tsp vanilla extract (optional)

### Instructions

1. Combine all ingredients in a blender and blend to desired consistency.
2. Garnish with cinnamon and nutmeg.



# Spotlight of the Month



## Katie and Reis Charles

Katie and Reis had pain and trouble latching with nursing due to oral restrictions. After several visits with our lactation consultant Savanna and referrals to Henry Chiropractor and Lexington Park Dentistry progress was made. Reis and Katie are a success story. Professional support is essential to helping our clients meet their feeding goals



Couldn't have made it this far without the wonderful help from **Milky Moms, Savanna Bullard, Henry Chiropractic & Wellness Center, Lexington Park Dentistry**  
-Katie Charles

