

## Nursing Mothers: Did you know..?

(The following tips are taken from publications of "La Leche League", an organization to enable nursing mothers to help one another. Our thanks to Diana in Illinois, USA for sharing this valuable information!)

1. Breast milk digests more quickly and easily than does cow's milk, so nursing babies are hungry sooner than those on a bottle. Therefore, most breast-fed babies prefer a 2-3 hour span from the beginning of one feeding to the beginning of the next, compared to the 3-4 hour span of a bottle-fed baby.

2. Nursing babies have "frequency" days when they nurse more often than usual, to bring in more milk for their expanding needs. Denying the baby additional nursings interferes with his efforts to obtain milk according to his growing demands.

3. If you nurse your baby within the first hour of birth and then on demand (every 2-3 hours), true, milk will often appear in 24 hours rather than 3 days. The baby's weight loss after birth is also much less. At-birth nursing also promotes

contraction of the uterus and helps prevent excessive bleeding.

Breast engorgement is also lessened if not totally eliminated.

4. Don't discontinue breastfeeding because of "thrush", a fairly common yeast infection identified by white spots or areas on the tongue, gums or inside of the cheeks of the baby.

A simple home remedy for thrush:

Dissolve a level teaspoon of baking soda (bicarbonate of soda) in a cup of sterile water. Firmly

and thoroughly swab the affected areas of the baby's mouth with a cotton swab after each nursing. Use a fresh cotton each time and change the soda solution each day. Keep nursing and keep treating. It may take several weeks to disappear, but it does not bother the baby much, if at all.

If your nipples become sore as a result of thrush, the baking soda treatment can be used. Afterwards, a light coating of vaseline or lanolin will help prevent dryness. Exposure to a sunlamp or sunlight may help. A common-sense precaution is to avoid the sharing of toys with other

babies during their early months when everything goes into their mouths.

5. Love and lots of attention is what your newborn needs the most. Especially during the early weeks, he will need to spend much of his waking time in your arms to feel your warmth and closeness as he did before birth. (Editor: *Our new mothers, especially if they are nursing, should be relieved of most of their other responsibilities for the first month, in order to regain their strength, establish the milk supply and give their babies the full love and attention they need at this time.*)

La Leche League Publications  
The Womanly Art of Breastfeeding

(166 pages, illustrated). \$3.50 softcover (also in French and Spanish), \$5.00 hardcover (English only). No postage fee on prepaid single copies!

**When You Breastfeed Your Baby** (6-page foldout). Helpful hints for the early weeks (English, French, German, Portuguese, Spanish and Japanese).

Many other publications & pamphlets available. List available upon request.

### LLL ADDRESS

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(Compiled by Zorah Rabbit.)

## DANGERS OF EXCESSIVE DRINKING DURING PREGNANCY!

The Family News staff has received several letters and news articles warning of the dangers of excessive drinking of alcohol during pregnancy. The alcohol, like other foods the mother eats, passes through the placenta and into the baby in the womb.

Studies have shown that excessive alcohol consumption can be damaging to the baby—just as excessive drinking is bad for anyone's health. In a letter from Judith in Geneva, Switzerland, she says:

"During my first pregnancy, I was very conscientious about nutrition, took vitamins, etc. and was completely nauseated by even the smell of alcohol, so I didn't drink at all. With my second, I was FF'ing nearly every night, drinking one or two drinks a night and often had wine at dinner. My second child has very frail health and has little resist-

ance to colds, etc.

"I have read some recent articles saying that pregnant women should not drink more than one or two drinks a week, because too much alcohol can affect the unborn baby. I believe this is something that pregnant girls should know and be warned about. Not that they should stop FF'ing, God forbid! But they should seriously limit—or drink juice!"

As Dad has said, anything in excess can be dangerous to your health! If you do drink, why not stick to a glass of wine, sherry, port or a good beer and try to avoid hard liquor, especially during pregnancy.

As it says in "FFers Drinking Tips" by Carlos in FN Vol. 1, No. 1: "Better safe than sorry, and when you take into account that we have to be ever mindful of the sample we give others when we go out, better healthy and sober!" —Happy Hookin'! WLY!

## FAMILY NEWS OF LOVE! —BY YOU!

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Edited by The Zs.

### Old Pioneers Never Die

—They Just Train  
Their Kids To  
Take Their Place!

by SINGIN' SAM

Dear Family,

We love you! We wanted to share some of the miracles and lessons we've experienced since leaving Peru six months ago by faith to get back on the pioneer trail.

Peru is where I started working with children and helping them in singing and performing. Deb and Jeth's kids were old enough to start learning harmony, so we started teaching them to sing in parts and their singing really improved. This really inspired Cephas and me to start working with Bethel, Mark and Brandt on the weekends. At the time they were 6, 5 and 4.

Shiloh and I really started seeing how the children could be like a passport to other countries or fields as a singing group. In the past four months since being in Venezuela, we did a weekly children's show for two months and sang on a brand new five-hour show that just



Brandt-5, Bethel-7 and Mark-6, ready to pioneer for Jesus as a singing group with parents Sam and Shiloh!

started here.—Not to mention, of course, the many restaurants and different places where we've sung and litnessed. The Lord is really blessing, and the kids are growing a lot.

When we heard that Joe Cocker was in town, we got an interview with him and the children did a whole show for him. He just loved it and invited us all to his concert that night. Afterwards, when all the musicians were in the dressing

room backstage, the kids did a little show for everyone and it ended with everyone singing "You Gotta Be a Baby"!

We were able to really witness to Joe and all the members of his band. Some of their comments really touched our hearts. One sax player came up and said, "Man, you made my tour worth it all. This is the best thing I've seen in months!" Also, the guitarist said to me as he was leaving, "God bless you, Sam. I love you, man"! We have their address and are writing to them.

The children also sang for the entire cast of "Holiday on Ice" during their break between shows a few days later. They all really loved it, and it really gave us the vision of how mightily the kids can be used!

So, don't feel you're worthless and a burden if you have a bunch of kids! We just wanted to share that we have been a lot more spiritually and materially blessed with the kids than without them. Like I always say, "Old pioneers never die—they just train their kids to take their place!" Praise the Lord!

Well, after being here in Venezuela for a while, we're starting to get the pioneer itch again. We're praying about the possibility of raising funds here to prepare to go to Ru-



Shiloh and kids (Esther, Mark & Bethel) pose with Joe Cocker in his dressing-room! (photo by Mary O. from "Holiday on Ice".)

mania and pioneer as a family of singers. Has anyone got a burden to help a family with five children pioneer a closed country? If so, please send us a photo and testimony and let us know how you'd like to help. There is one single sister who lives with us now and is planning to go with us, but we would like to have one more person. Please let us know if you have a burden, or some tips, for us. God bless and keep you all! We love you! You can write to us c/o Apdo. 20148, San Martin 102, Caracas, Venezuela (with Attn: Sam & Shiloh in lower left corner).

## Pioneering a Muslim City!

### News from Northern India!

Lucknow, India: Sara and I came here on invitation from an Indian Maharaja after FF'ing him in Delhi. When the Lord told us to go, He supplied the funds the same day

through the mail. Our friend put us up in the biggest hotel in town for the first week, and after our daily witnessing to him he received Jesus! Hallelujah! Thus began our work here in this city!