

NEST is here to offer you and your baby support! Please call: (808)-334-4127

- Help finding community resources
- Early identification of family needs
- Breastfeeding encouragement & support
- Understanding newborn development
- Assistance with breastfeeding challenges
- Guidance for pumping & storing milk
- Support when returning to work
- Handling mood swings, “baby blues,” or postpartum depression
- Board-Certified Lactation Consultants available to help with feeding concerns
- Home or office visits at no cost
- Referrals to other programs
- Phone consultation available 7 days/week
- Newborn gift package with information
- Assistance enrolling in Parents as Teachers, Early Head Start, HIPPIY, and other home visiting programs



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Newborn Enhanced Support Team
A Family Support Hawai'i Project
nest@familysupporthawaii.org

In collaboration with
Kona Community Hospital, WIC & State
of Hawaii Dept. of Health



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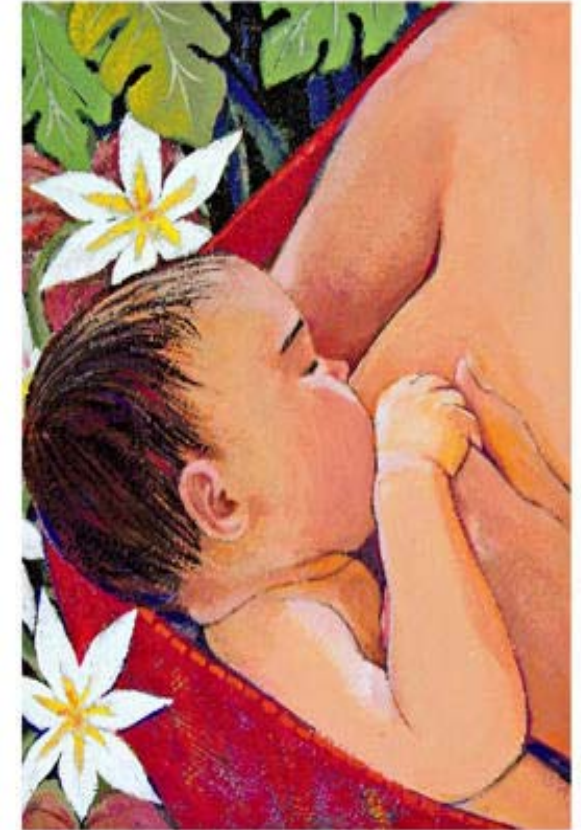
75-127 Lunapule Rd., Suite 11
Kailua-Kona, Hawaii 96740
Message Line: 808-334-4127

Mahalo to the following community partners for their ongoing support for the NEST project:

*Motherart.com (cover art)
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Newborn Enhanced Support Team
Parent Help Line: 334-4127



NEST offers FREE support to families with newborns. We assist with breastfeeding, understanding your baby, finding community resources, and postpartum recovery. Call, or e-mail for advice or an appt.

Benefits of Breastfeeding



Benefits to Mom:

- Helps the body recover from pregnancy
- Faster weight loss after pregnancy
- Reduces postpartum depression
- Decreases risk of breast cancer, ovarian cancer, osteoporosis, and diabetes
- Enhances bond with baby

Benefits to Baby:

- Fewer allergies, asthma, & eczema
- Fewer infections & hospitalizations
- Breast milk is easier to digest
- Higher I.Q
- Develops a special bond & security

Other Benefits

- Saves money-no formula or bottles to buy
- Better for the environment
- Less work, saves times
- Always the right temperature
- Breast milk adjusts to what baby needs

Meet the Newborn Enhanced Support Team:

Krista Olson, Lactation Consultant

Mother of two beautiful breastfed children, Krista coordinates the NEST project. She also supports our team as a Lactation Consultant and as our Spanish-speaking Breastfeeding Counselor. Krista is also a childbirth educator, infant massage instructor, and birth doula. kolson@fsswh.org



Leina'ala Henriques,

'Ohana Resource Guide/Breastfeeding Peer Counselor

Leina has worked with Family Support Hawaii providing support to parents and children in many different capacities. She is thrilled to return as part of the NEST team after taking time off to be home with her own baby. She is a wife, and mother of a twelve-year-old girl and a three-year-old boy. ljenriques@fsswh.org



Judy Personius, Lactation Consultant

Wife and mother, Judy has many years of experience working with pregnant moms and teen moms. She helps provide support and information on pregnancy, childbirth, and breastfeeding. As part of the NEST team, Judy works with moms to support their breastfeeding goals. personius@fsswh.org



Daniele Manoa-DeCambra, Breastfeeding Peer Counselor

Breastfeeding mother of a sweet baby boy and Family Advocate for the Early Head Start program in Ka'u, Daniele is our expert on balancing work and breastfeeding.

dmanoadecabra@fsswh.org



Stacy Jones,

Ohana Resource Guide/Breastfeeding Peer Counselor

The newest member of the NEST team, Stacy brings years of experience working with families in West Hawaii, and mothering her own wonderful children. Stacy visits families prior to hospital discharge to provide support and connect parents with community resources. sjones@fsswh.org

Reach us at (808) 334-4127

Beginning to Breastfeed

Make sure baby is latched on properly. A good latch is:

- Comfortable-no hurting or pinching.
- Baby's chest is against your body and baby doesn't need to turn his or her head to feed.
- When baby is positioned correctly, baby's mouth will be filled with breast.
- Little or no areola should be showing, depending on size of areola and size of baby's mouth. If areola is showing, you will see more above your baby's lip and less below.
- The tongue is cupped under the breast, although you might not see it.
- You will hear and/or see baby swallow. A pause in their breathing may be a sign of swallowing.
- Baby's lips turn out, like fish lips, not in.
- Baby's chin touches your breast.

If you have difficulty understanding your baby's feeding cues, or have concerns about breastfeeding, please don't hesitate to give us a call. We are more than happy to assist you and your baby!

