

Nurturing Strong Bonds From Birth: Breastfeeding and Beyond

Episode 258

Rachel Winchester [00:00:00]:

The early years of a child's life are crucial for long term well-being. And as parents, we aim to foster the strongest bond with our children. While breastfeeding plays a key role, today's episode goes beyond feeding to explore how we nurture that connection from the start. You're listening to the Homeschool Made Simple podcast. This is a podcast to help you homeschool simply, inexpensively, and enjoy. Carol Joy Seid has been helping families homeschool for several decades now through her seminars and consulting services. And I'm Rachel Winchester, a fellow homeschool mom using this method with my own three kids. In today's episode, lactation consultant Jill Seaberger shares insights on support and bonding in the early years.

Whether you're breastfeeding, planning for future children, or a grandma, there's something here for everyone. Listen in.

Rachel Winchester [00:00:51]:

Well, today, I am joined by Carole and our new friend, Jill Seaberger. And, we have an interesting funny story of how we met Jill and, that Carol can share with you. But we're excited to talk about the topic of breastfeeding today, which might seem a little strange to be on a homeschooling podcast, but you'll figure out why it's relevant as we talk today. But first, I just wanted to give a a little disclaimer to say, you know, the spirit of this podcast and this episode is to encourage and to inspire and to educate and that so many we know that breastfeeding can be fraught with struggles that even we ourselves have experienced as moms. And so the desire for this conversation is that there would be no condemnation here, but just encouragement and, education and hopefully just fellow moms and women who can encourage you as you go along with your own kids and your own journey of mothering them. So, Carol, why don't you tell us how you met our friend Jill?

Carole Joy Seid [00:01:58]:

Okay. Well, before we do that, Jill, tell our listeners about your family because that's part of the story and why I was attracted to you. So tell us about your family.

Jill Seberger [00:02:08]:

So we live in Nebraska. We have we have seven boys, ages 11 to 13. Mhmm. And we have been homeschooling for the last five years, so they didn't start off in school. And it's just a lot of fun and loud and

Carole Joy Seid [00:02:28]:

Well okay. So that brings

Jill Seberger [00:02:29]:

me around here.

Carole Joy Seid [00:02:30]:

Yeah. So that brings me how I met you as, I was drawn to your family like a magnet. So, we have a tradition in our family that I take my grandchildren on a special trip by themselves or herself, but we have twins, so that's why it's plural in this case. So Eisley got to go to Italy, which was really just because I wanted to go to Italy, but she got to go to Italy. But her brothers that are twins, they they'd never been to the ocean, and they'd also had no memory of being on an airplane. They hadn't been on the airplane since they were old enough to remember. So those two things were important for them. So I took them to Florida and rented a little house near the beach.

Carole Joy Seid [00:03:15]:

And the first day we got there, I thought, you know, it's gonna be kinda boring. There's not a lot of kids here because it was during school season. The beach was, you know, fairly empty. And when I got there, I see this family. Well, they were obviously a family because they were all wearing matching sun sun shirts, you know, whatever you call those shirts. They're dressed very, very hip, very cool. And they're all boys, and I thought, okay. This this is too cute.

Carole Joy Seid [00:03:44]:

And then I could I was watching you interact with them, and I said, these have got to be a homeschool family. A radiant joy over over what was going on. And so I schmoozed up to you and introduced myself, like, can I be your new best friend? And, of course, you were homeschooling. And so we just, you know, chatted for a while. And as, and then the next day, your sweet husband came, and he was, like, leader of the pack. And he helped, with the boys, all of your boys and my two boys, to build a sand castle that will go down in history. And it was so much fun, and it was like an engineering feat is the only way I can describe it. And my boys and then they started boogie boarding with your boys, and, it it just it was like a dream come true.

Carole Joy Seid [00:04:41]:

It made the whole trip completely different. And as you and I talked while your husband was working with the team, we're you're just nursing your littlest, and we're under a little tent, for the baby. And you start talking about one of the greatest books of all time, which is Christopher West's book, Theology of the Body for Beginners. And I'm thinking, oh, this woman is definitely my kindred spirit. And so I have and then you told me that you had a podcast for nursing moms or, you know, to encourage people. So I just thought, okay. This is a marriage made in heaven. We've got to have you on the show, and, it's just so much a part of as Rachel said, we don't wanna condemn anyone.

Carole Joy Seid [00:05:26]:

That's never our desire. But we just wanna encourage and equip people to give them some tools, some resources that they may be lacking in. And as many of you listeners know who work with me as, consulting families, I take a medical history on your child, and I always say, okay. Tell me anything unusual about pregnancy, labor, delivery, or your children breastfed? If so, how long? And I and, of course, I wanna know about food allergies, ear problems, you know, sensitivities of any kind, asthma, eczema, anything medical. And so often these things are linked and and to learning. And so I ask all these questions because they all affect how your child, as doctor Sears used to used to say, a feel right child, whether your child is a feel right child. And so that's why we wanted Jill to be on, and we wanna talk about, you know, the resources she brings. So, Jill, first, what's the name of your website?

Jill Seberger [00:06:30]:

It's called Breezy Breastfeeding. And that name, I of course, like, alliterations are fun. It's always fun if it has a cadence or whatnot. So as I was trying to figure out what to call this website, I was looking on different b words. And when Breezy came up, it, it just kind of jumped out at me with you know, obviously, it means, like, windy, but it also means lighthearted.

Carole Joy Seid [00:06:57]:

Great.

Jill Seberger [00:06:57]:

And so then and buoyant. So I clicked on the word buoyant. I'm like, what does that mean? Well, it means floating, But it also means joyful and invigorating. And so I was like, oh, this is totally what I want for people's motherhood. Like, it shouldn't feel like

everything is a fight. There should be this joy to this like, the greatest vocation that you have. And so that's how I got the title

Carole Joy Seid [00:07:19]:

for you. Right. And why did you create this, and what equips you to to help moms as you do? Tell me about, you know, your background.

Jill Seberger [00:07:31]:

Yeah. Well, I started right out of nursing school in the NICU, the newborn intensive care unit. And I worked there for four years on nights, and I I loved it. And I was I was good at, like, the really difficult Mhmm. Cases, and that kind of high intensity was was great. But after we had our first baby, then, you know, things are a bit different because you're kinda split between work and home and and driving to work and not knowing what kind of assignment I was going to get got a lot more difficult. And so by the time we had our second son, one of my coworkers had said, hey. Let's take these breastfeeding classes together.

Jill Seberger [00:08:13]:

And so we did that, and then I got certified in lactation as an internationally board certified lactation consultant. So then after our second son was born, I was ready for something, just different, more low key. And also, it had opened my eyes to this world of normal labor and delivery and normal infancy because being a nurse in the NICU when I started and not having any kids of my own, Like, that was that was normal to me. And so then to recognize that, like, that's the 1%. And to see this really beautiful world of what is actually the more norm was super fun. And so then I just I loved that. And my my favorite part was always teaching parents. There's not a lot of time for that in the NICU when you're also caring for multiple babies.

Jill Seberger [00:09:02]:

Yes. And so that was sort of my passion as I worked as an in hospital lactation consultant for the next twelve years Mhmm. Was to, to teach the parents and to help them own that they are the parents Yes. That they are they are equipped. They might not have all the answers, but they are the best person in the best position Yes. To advocate for their kid. And so just to help them, like, feel that. So I love educating them and encouraging them, along those lines.

Jill Seberger [00:09:35]:

So then, fast forward, I was still working in the hospital and our, our sixth boy died suddenly in a choking accident. And I was actually working from home that day recording a class for nurses. So after after that, I took a, called in gifted class where you

kinda try to discern, like, what what gift of the holy spirit come easier to you? Are you kinda called to, like, put out into the world? And one of those was writing. And I had done some journaling and things after his death, and I'd love to publish a book someday all about him and, like, the way God loved us through it. Mhmm. But that that made me start breezy breastfeeding one day so that I could try to put the writing of how much I wanna encourage Karen online for them to read and, I don't know, tweak their mindsets a bit.

Carole Joy Seid [00:10:29]:

Yes.

Jill Seberger [00:10:29]:

Give them skills that they, can use to do.

Rachel Winchester [00:10:34]:

Yes. So good. Could you speak to kind of how do you find good support? Because not all support is created equal. And maybe what are what are some of the most important parts of that support even even when it comes to husbands and, you know, husbands and then maybe outside of that lactation consultants or that kind of thing?

Jill Seberger [00:10:56]:

So starting with husband, I it's really helpful when, you know, you're pregnant and you're learning about things. Even if it's not your first baby, you know, there's so much to learn that, you know, through subsequent days, we're learning more and figuring it out. To kind of bookmark some of those things and tell your husband about them so that you can be on the same page because he's gonna be the one who's there and can hopefully back you up.

Carole Joy Seid [00:11:20]:

Mhmm. Right.

Jill Seberger [00:11:20]:

And, you know, knowing what you want, and so he can help make your wishes come true when you're, you know, faced up against bunch of health care personnel, for example. So just, like, learning together and being on the same page with what you're learning. And that could be that you read the same book or, like, like, the class that I made, I broke it down into, like, ten ish minute videos with the idea that you could watch one video before you go to bed each night with yourself. Mhmm. So that way, you're kind of on the same page. So that helps a lot with the spouse. In fact, and, of

course, like, you can use that with your mother or your sister or whoever is gonna be there to support you. Mhmm.

Jill Seberger [00:12:02]:

It's really great that they know, like, at least some of the things that you're learning and getting excited about. When it comes to other support, one of the things and this applies to, you know, so many areas of our lives. But one of the things about breastfeeding is that you don't have to breastfeed one way. And so it it kills me when people would give, like, hard black and white rules with that because that might not work for someone. Mhmm. You know? I can tell one mom, like, oh, here's a way to increase your milk supply. That absolutely may not work for another mom. That's okay because there are a lot of different ways that she can do that.

Jill Seberger [00:12:42]:

And so I love to tell moms, like, if someone if you get advice well, first, if you're just a mom of anything and you get advice and you like it, try it. If you don't like it or it doesn't, like, fit with your personality, forget who ever heard it and move on to the next thing. Mhmm. Which kinda goes back to, like, health care professionals or experts in anything are not experts in your family. And that, like, that took me a while to learn because with our, like, with our third baby, you know, we had three kids, three and under, and I would see something. And this was really more like when you're online and you're on social media, and I would see a video and take that as, like, truth.

Carole Joy Seid [00:13:27]:

Yes.

Jill Seberger [00:13:27]:

But then it didn't work for this super, like, clinging, like, needing to be held baby that I had currently when my past baby, like, flexed right by himself and, you know, didn't mean nearly as much physical touch. Now I have this third child who does and that, like, battle between those two was really physical until I realized that just because they are an expert on a topic does not mean that they know what's gonna work inside my house. And so when people are getting breastfeeding help, it's really important to recognize that and that can happen with with a group. Like, for example, in Omaha, we have a handful of different breastfeeding support groups. And so I always tell people, you know, go to one. If you like it, great. If it if you don't like it, try a different one because they're all very different. Mhmm.

Jill Seberger [00:14:18]:

Some of them are more just like, we're gonna give you education. Some of them, we're gonna help you with this specific problem that you have. You know, they all have different mentalities and ways they talk about things. And so that same thing happens with your nurses in the hospital and with your pediatrician and with your lactation consultant. So, hopefully, those people can ask you a lot of questions so that they can learn what your temperament is like and give you ideas that can work with your temperament and with your baby's temperament. And if not, then there's usually someone else that you think of who can hopefully give you something that will fit your mindset more and your lifestyle Yeah. Your personality more.

Rachel Winchester [00:15:04]:

Yes.

Carole Joy Seid [00:15:06]:

So when I was a young pregnant mom, I met a friend at church, and she was something called a La Leche League leader. And she had a large family and kind of took me under her wing. And, she really shaped my life, and it wound up we wound up having the meetings at my house. And, and I was the librarian. And so I got to keep the box, this wooden box of books at my house between the meetings. You know, we met once a month, and I read every single book in that library. And how that equipped me and made me, like I don't know how to explain it. There was I I was ruthless in these areas.

Carole Joy Seid [00:15:53]:

I had home birth, and I just I you know, we were way ahead of our time. Let's just put it that way. I mean, forty five years ago, people did not have home births.

Rachel Winchester [00:16:02]:

You were hippies.

Carole Joy Seid [00:16:05]:

Yeah. We were. We were hippies, and we didn't care what other people thought. But we we just embrace this movement. And the importance of being educated and doing your homework and knowing what you believe and having an apology on the Greek for what you're doing, I think when when, you know, your mother-in-law says, oh, I think your baby doesn't you know, I think she's allergic to your milk or, you know, all these things that people say. You know, I I love the resources. So talk about some of the resources you offer on your website and and how these can equip people.

Jill Seberger [00:16:41]:

Yeah. So my favorite one is my class, which is over four hours of videos kind of tackling the most common things that would be helpful to know when you're having a baby and up until, like, when you go back to work. So, like, how you would go back to work and getting ready and that kind of stuff, which interestingly enough is in all the classes I've ever taught in person. Like, that's always the thing everyone wants to know. Yeah. But I really love to focus on the beginning because I tell them, like, if the beginning goes well and you stop, by the time you're going back to work, it doesn't matter if you know how to go back to work. So let's get things off to a great start and then then you have time to learn that later. So yeah.

Jill Seberger [00:17:25]:

So the breezy breastfeeding class, is my favorite resource because it's just, like, over the years, the things that I've learned are so helpful for people to

Carole Joy Seid [00:17:33]:

know. Yes.

Jill Seberger [00:17:34]:

The nice thing about it too is they can go back and watch these videos later. So if after baby's born, they're having nipple pain or they can't figure out how to get this baby to latch onto the breast fever, they can go back and watch just that video. Mhmm. So that's one of the resources. And then I have, I have a bunch of articles on just the things that I think are kind of, like, the the hottest like, the most asked questions or the the places where I see the most support needed, then I'm always adding to it. And then I wrote I wrote a writing an ebook, called 11 things you should be doing to prepare for baby instead of decorating the nursery.

Carole Joy Seid [00:18:14]:

Oh, I love it. I love it.

Jill Seberger [00:18:16]:

I didn't have a smartphone when I was pregnant with my first. And when I think about these moms and, of course, the algorithm knows they're pregnant. And when I think about what they're watching and how much they probably think they need to buy, it just makes me really sad for them.

Carole Joy Seid [00:18:33]:

Yes.

Jill Seberger [00:18:34]:

And how stressful sometimes those videos can be. Yes. And so I didn't intend it to be this long. But of course, I just kept just kept writing and writing until it turned into a little ebook about, like, hey. Maybe you should consider these other things, like physical movement and getting your body ready for, birth. Yes. For birth and, you know yeah. And then, of course, if you do that outside, then it's gonna help your mindset, not to mention all the amazing things that the sun does for you.

Jill Seberger [00:19:06]:

Yes. As opposed to, like, you don't have to have a beautiful nursery to love your mother.

Rachel Winchester [00:19:11]:

Yeah. I looked through it, and it was so good. I was like, these are such great tips and such good information that you were sharing. It was really great. Speaking of smartphones, I think we should talk about the importance of connecting with your baby when you are feeding them because this is something that is really a tragedy in our culture is that we have these phones with us all the time, and so many people just have a habit of picking them up. And people shop and scroll and all these things while they're nursing their babies, and maybe we could just talk about that for a minute.

Jill Seberger [00:19:50]:

Yes. Yes. And it feels like you're being really efficient. Right? Like, I have something I need to get done Mhmm. So let me do that now. And it I guess, maybe it relates to the fact that we don't think about what we're all what we're accomplishing when we're nursing that baby. Sometimes it can just so easily feel like, I have to feed the baby again, like, instead of all the things they're getting. I love when people end up not reaching their breastfeeding goal or switching to pumping and bottle feeding or switching to formula feeding.

Jill Seberger [00:20:22]:

I always love to tell them a couple of things. One, any amount of breast milk changes their health outcomes substantially. So even if they just got the first feeding of breast milk and no breast milk at the back, statistically, their health outcomes are totally different than if they had never had that Mhmm. First feeding. And so we know looking at statistics with a breastfed baby has the potential for higher IQ than a formula fed baby. Well, some of that might be the breast milk, but it makes a lot more sense in my head for a lot of that to be the amount of time that that baby spent in close contact with their mother and interacting with their mother. So, you know, they're making eye contact and they're talking to them and she's, you know, obviously, she's touching them. And so I always tell them, like, to help bridge this gap between a breast and a

formula that baby, make sure you hold your baby when they're getting a bottle and talk to them and interact with them Yes.

Jill Seberger [00:21:20]:

Instead of, you know, giving them their bottle while they're in the stroller because they can.

Carole Joy Seid [00:21:27]:

So, Jill, what I like to tell parents is when you think of how God designed the human anatomy, the way that a mother breastfeeds a baby, and even even if it's an adopted baby and they're using a bottle, if you can still nurse a baby by holding a baby the way God designed the human anatomy to be. But while they're drinking milk, they're getting the eye contact, and they're drinking love.

Jill Seberger [00:21:56]:

Yeah. And, you know, my 13 year old was talking the other day about because I love to talk about nutrition with them and, just how their body handles the vitamins and minerals that they need and what it does with the different foods. And so he was like, wouldn't it be handy if, you know, you could just live in a place where you were given exactly what you need? And well, that would be a lot easier, like, for the physical part of our body. I told him, but then you're also missing this other piece that is the community and the gathering aspect that is also a big part of food. And so, yeah, same thing with the infant.

Carole Joy Seid [00:22:35]:

Yes. That eye to eye contact. And what that does is you're just you're looking into their eyes and you're saying, I love you. I bless you. You're praying for them in the spiritual realm as you're breastfeeding. And so, of course, breast milk is incredible. It's the superpower food, but also the love, as you say, that the child is getting and the skin to skin contact and so many things that are going on there, all designed by the creator perfectly.

Jill Seberger [00:23:08]:

Okay.

Carole Joy Seid [00:23:08]:

I read an article. I think it was by Serena from, above rubies. And she talked about when she was pregnant, people coming up and saying, are you ready for the baby? Do you have everything you need? And she said, yeah. I have four new onesies. Like, what else do you need? God has given me all the equipment that I need. And and,

exactly, we're not worried about decorating the nursery. We're worried about decorating our hearts. You know, preparing our hearts to welcome that little one without all the distractions and all the social media hype that comes from having a baby like they're a charm on a charm bracelet or a new purse, but that it's a human being, an eternal being that we are raising for eternity makes all the difference.

Rachel Winchester [00:23:58]:

Thanks for joining us this week on the Homeschool Made Simple podcast. Be sure to come back next week for part two of our conversation with Jill. If you want to learn more about Jill, visit her website at breezybreastfeeding.com. She has a bunch of blog posts and a wonderful free ebook like we mentioned in the episode. Jill has also generously offered our listeners a special discount for her breastfeeding course. When you use coupon code HMS, you'll receive 30% off the class. Look in the show notes for all of those links. We'll be back next time with part two of our conversation with Jill.

Rachel Winchester [00:24:33]:

Until then, remember, Jesus' commandments are not burdensome. What he calls you to do, he will enable you to do. Blessings.