

# Why Breastfeeding Is Worth Pursuing Even While Homeschooling

## Episode 259

Rachel Winchester [00:00:01]:

As you add more babies to your family, you might wonder what sort of impact it would have on your homeschool. How will you have time to stop and nurse the baby every few hours? In this episode, Carol and I are back to finish our conversation about breastfeeding with Jill Seaburger who is a lactation consultant and mom of seven. If you missed the first part of our conversation, be sure to go back and listen to episode two fifty eight. You're listening to the Homeschool Made Simple podcast. This is a podcast to help you homeschool simply, inexpensively, and enjoyably. Carol Joyside 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. Today, we talk about breastfeeding toddlers, finding helpful resources, and changing our perspective about nursing a hungry baby while caring for older kids.

Rachel Winchester [00:00:55]:

Listen in.

Carole Joy Seid [00:00:56]:

So if I were pregnant, what would you tell me?

Jill Seberger [00:00:59]:

I would tell you to hold your baby skin to skin as much as you can.

Carole Joy Seid [00:01:04]:

Why? What does that do for a baby?

Jill Seberger [00:01:07]:

It helps their brain development. It helps them stabilize their vital signs. So imagine, you know, all they know so far is being inside you, and now they're born into this, you

know, much louder and brighter world even if things even if you try to keep them things calm in the room, which would be great. And so putting being on skin to skin with mom allows them to hear your heartbeat and your breathing sounds and your voice and your stomach sounds and all the things they're used to. So it helps them regulate their respiratory rate, their breathing rate. It helps them, keep their blood sugar stable. So especially if they're at risk for having, high or low of not being able to handle their blood sugars because they were born early or because they're born later because mom struggled with her blood sugar throughout pregnancy. It helps them regulate their blood sugars because they're not stressed out.

Jill Seberger [00:02:01]:

So adults, when they get admitted to the hospital, they get all stressed out and their blood sugar go up. And sometimes, if they didn't need insulin before, sometimes they have to have it while they're in that stressful situation. But babies are different. When they get stressed out, their blood sugar is strong. And so, all the keeping your baby skin to skin as much as you can help their blood sugars to stay stable. And it also, it helps them to latch better, which is obviously super helpful in those first few few days when they're trying to learn, kinda keeps those instincts going. It helps mom make more milk, holding your baby's skin to skin for thirty minutes, stimulates the hormones for mom to make more milk, and it helps them to cry less, which this is a fun one because it helps them to cry less, you know, right then in the moment. But also, an Australian study found that babies who spent more time skin to skin their first eight weeks of life cry less than they were one.

Jill Seberger [00:02:57]:

So that's pretty cool to see, like, it's affecting them for later, which is another fun thing about, like, how breastfeeding shows us how, like, our bodies are so beautifully designed by God. Because when you get to breastfeeding, like, the toddler, which is a pretty funny experience because they're quite silly and different. You don't know what to expect. It's so so amazing that they can go explore and fall and, you know, whatever for themselves and then come back to this safe place that is their mom and their and the breast and they can, you know, receive food and comfort and so that they can go explore again and probably fall again.

Rachel Winchester [00:03:44]:

Yes. Speaking of breastfeeding toddlers, I was gonna ask how long do you think you should breastfeed and kind of that dynamic of as they get older, it's not because you're not breastfeeding them because they you're the only thing they can have. You know, they can only drink milk. They can they can eat other things. They can drink other things at that point, but then they're coming back to you for a different reason. And,

you know, really, it's the same reason that we're just talking about of that attachment, that bond, that to feel that reassurance and that love that okay. Everything's okay. You know, the world is as it's supposed to be even though this happened to me.

Rachel Winchester [00:04:24]:

You know, maybe you could talk about how it really is the whole time, that regulation tool.

Jill Seberger [00:04:28]:

Yeah. It is. Yeah. So it's nice. I mean, it's nice when you can breastfeed for a year because then they can you can avoid giving them formula. But then they can have those other foods that, you know, hopefully are kinda basic whole type food. And then the World Health Organization recommends breastfeeding at least two years or more. Mom and baby mutually desire.

Jill Seberger [00:04:52]:

And so

Carole Joy Seid [00:04:53]:

Yes.

Jill Seberger [00:04:56]:

Two two two. And then after that, I mean, the average age of weaning worldwide is more around the age of four. And so and the health benefits do keep piling off throughout those years. And so it is it is affecting their long term health even when it's not definitely not the norm Mhmm. Around us. And then and then you have all of the, like, my brain development and personality development, benefits too. So and it is like, a lot of people think it looks like it looks like nursing a five month old, But, of course, it doesn't. Like, it's way different and more you know, it can be much more sporadic than that, and they're all, you know, quite different from each other.

Jill Seberger [00:05:44]:

But it's just a fun bring some laughs and Yeah. Yeah.

Carole Joy Seid [00:05:49]:

Particularly when they ask to

Jill Seberger [00:05:51]:

nurse in

Carole Joy Seid [00:05:51]:

nurse in Yeah. When they ask to nurse in public and they're practically driving, that could be a little awkward.

Jill Seberger [00:05:59]:

But Well, and it's like sleeping advice can be so hard too because, you know, moms are so tired. But and so that idea that, like, they're they're not they're not gonna always wanna sleep on you. Like, at some point, they will sleep in their own bed. And so same thing with breastfeeding, you know, moms start to get really nervous. They're never gonna stop. Like, they are. They are gonna stop.

Carole Joy Seid [00:06:20]:

They definitely will stop by college is my motto.

Jill Seberger [00:06:23]:

Yeah. That's all I really meant. I don't

Rachel Winchester [00:06:25]:

know if that's comforting.

Carole Joy Seid [00:06:29]:

But, you know, you think about the Bible, which is our road map, and you think about Samuel, you know, that he couldn't go to the temple until he was weaned. And so, you know, to a western mind, it's like, oh, was he, like, six months old when they brought him, or was he you know? And he was probably four or five years old when they brought him to the temple. You're not gonna bring a little infant and drop him off to an elderly man and say, see you. But just, you know, in our culture, we just have such different expectations of the nursing relationship. Sheila Kipley's book, are you familiar? I'm sure you are with that, Jill. Breastfeeding and natural child spacing.

Jill Seberger [00:07:11]:

I don't know. Maybe the cover would look familiar, but the Yeah.

Carole Joy Seid [00:07:14]:

Her name. So she and her husband founded the couple to couple league, and, they, you know, talk oh, yes. And they talk about how God created breastfeeding to space children and that, you know, we're not designed to have a baby every, you know, nine months. And so it just it's all part of the design. And when we start to get our hands in the pot, it goes downhill. But, you know, if we can really, you know, think about how God created the human body and this this whole rhythm and this system that he

created, it's it's just like learning a beautiful dance, and it's for our benefit and our protection and our well-being as well as our children. We're not just baby machines, but that god created our bodies to do this and that there's a rhythm and there's a pattern to to use.

Jill Seberger [00:08:07]:

Yep. And just having that confidence, it's so hard. You know, all new moms have a lot of doubts about different things. And so I love when the people around them can help build up their confidence because eventually, they'll have to get to a point where they've asked all the questions and now they just have to trust the process and trust that their body was made to do this. And so they can go, you know, with the wave and flows and they can have doubts like, do I have enough milk today? Because you seem to wanna go back to the breast again and I feel pretty empty. But then they can say, okay. I know that the process works. I know my body was made to do this.

Jill Seberger [00:08:43]:

So I'm just gonna keep nursing you through this, whatever it is. And then, you know, in a couple days, they go back to what they were used to. You know? Who knows what was going on with that baby? Maybe they were they were sick or they just needed a little extra comfort or they're going through a growth spurt. It could be any number of things that caused that mom to think, do I have milk today? And she kinda has to do with this. She can either give the baby a bottle of formula, which won't tell her body to make more milk and and maybe start this kind of downhill decline of more formula and less breast milk, or she can trust the process and nurse the baby again and and just keep going like that. Yes.

Rachel Winchester [00:09:23]:

I I was wondering if you could share when we were emailing back and forth, you were sharing some statistics about you live in Nebraska, so you were sharing some Nebraska specific specific statistic. So I was wondering if you could share those with our listeners because I thought that was really interesting.

Jill Seberger [00:09:40]:

Yeah. So in Nebraska, in 2023, '90 percent of mothers initiated breastfeeding or wanted to initiate breastfeeding. By the time they discharged from the hospital, two or three days later, only sixty two percent were still exclusively breastfeeding. Had all the other babies had gotten formula. So almost thirty percent of these newborns had gotten formula. And, you know, we have all kinds of guidelines. Like, the newborn should only get formula if it's medically indicated because we know all these benefits to breastfeeding and establishing breastfeeding, but that's not what's happening. And

so then that just makes me really sad for these moms that they didn't have the right people around them to help them reach that goal.

Jill Seberger [00:10:29]:

Even in the first few days, which is theoretically when they should've had all that support around them.

Carole Joy Seid [00:10:36]:

Yeah. And they send the children home with formula from the hospital. Again, it's it's a whole another issue because you weaken. You know? You you start to doubt. You have people around you that maybe undermine you, and then there it is waiting to rescue you from this scary thing that you're trying to embark on. Instead of having people cheering for you and, you know, hanging in there for you. My sweet mom who died at a hundred, she told me that she desperately wanted she was so ahead of her time. She was such she really was a health nut as well.

Carole Joy Seid [00:11:13]:

She said that the they she was told that her milk didn't agree with me by the by the nurses in the hospital, and she gave up breastfeeding. And so I had a lifelong allergy to dairy products and things, which, of course, is what formula was made from and still primarily is. And, you know, all because she she wanted to do what was best for me, but she didn't have anyone helping her make that happen. And that just why I'm so excited for your resources, Jill. What books do you recommend for for pregnant mamas to be reading or breastfeeding moms to be reading?

Jill Seberger [00:11:54]:

I do really love the Lelechi League, the womanly art of breastfeeding. Me too. Because it comes from a viewpoint of, like, your body is made to do this and let us show you, you know, 50 different ways and how all these different little chemical changes that are gonna happen in your body throughout pregnancy and labor so that you can begin to to have that internal trust, which is really helpful. And then doctor Jen's guide to breastfeeding is just like, it's a much shorter book. And she's funny, and so that's a nice, like, read too. I I like that

Rachel Winchester [00:12:29]:

one also.

Carole Joy Seid [00:12:30]:

Rachel, when you were having your littles, and and you may still have more littles, but when you had your first three children, if you had lived next door to Jill, what were some of the things you would have asked her or knocked on her door for help with?

Rachel Winchester [00:12:49]:

Yeah. I would've. How do you do it? How do you nurse and have all these other littles running around and, you know, keep keep that going when there's so many other things to do or not feel that pressure of, okay. I I've gotta feed the baby again and it not become this kind of thing that you feel a drag about, but something that you really have joy, like you were talking about, that it feels breezy, that it feels enjoyable to you, that, wow, I get to do this while this baby is this age and in this stage.

Jill Seberger [00:13:24]:

Yeah. I actually have three different answers to that. So one of them is Okay. Is, so, having books next to you when you sit down to nurse so that when the toddler comes over, you can just be like, hey. Let's you know, you just start reading one of the books or have them pick out one of the books. And they almost don't even realize that you're doing something else because they're like, oh, mom has time to sit and read me a book. And yet you got to nurse and also read with the toddler too. So that I love that one.

Carole Joy Seid [00:13:51]:

Love it.

Jill Seberger [00:13:51]:

I had put a video about, how I was thankful to my baby who wanted to nurse again because it allowed me a minute to sit down. Because as moms, like, you know, we can be moving all day long in all these different tasks just like running around the house. And so instead of having this, I have to stop what I'm doing to sit down and nurse this baby, transitioning that into like, oh, this is a beautiful gift that I was given because I get to sit down and nurse this baby and enjoy them or talk to them and and pray and have, like think about getting some peace back that maybe I had kind of lost as I was shuffling around until transitioning that mindset. And also, just you get a lot more efficient. And so I think about I mean, you guys probably remember feeling like I need more hands as you're trying to, like, hold your breath and this baby and get them left and they're so, like, squirming and they just flop all over. You're like, no. I need at least two more hands to do this. And you go going from that, which you don't know is gonna change, right, when you're in it.

Jill Seberger [00:15:05]:

You're like, truly, this is never gonna get easier. But it does. It gets easier. It gets to the point where now you're, you know, you're cooking dinner and nursing the baby at the same time. Like, you can't do so many things. Right. And so just, like, casting a vision, which is well, hopefully, we'll get there where, you know, we have all these moms and sisters who nurse. And so the community around you is kind of they're saying that, like, I know it's hard, but it's going to get better, which is something that we just didn't have over the last forty years after our breastfeeding rates had plummeted so much.

Jill Seberger [00:15:41]:

So when we actually had our first baby, we went to Colorado with my husband's family when he was five days old. And so maybe we're a little insane. Maybe we just didn't know. They wanted to plan a family vacation. This is they most of them of them are health care providers, and so they have limited vacation days off. And so this is when it works. And, of course, we didn't know when Dave was gonna arrive, so we're like, well, we'll come if we can come and we won't if we can't. And he ended up coming, a little late.

Jill Seberger [00:16:08]:

And so when he was five days old, we got in the car and we drove eight hours to Colorado, like, slapping each other on the legs, like, to stay awake because, of course, we're new sleep deprived parents. Oh. But it was really, really beautiful once we were there because I was in a house with all these sisters in law who had all nurse in the last few years. And I I wish that they had, you know, been like, oh, try this to latch him deeper because, of course, I was having, like, tons of pain, and I didn't know what I was doing. I knew the lactation consultants at our hospital. I had worked with them. I still did not pick up the phone to call them. So that's another, like, big piece of my advice to new moms.

Jill Seberger [00:16:49]:

Like, do not be afraid to pick up the phone and call a lactation consultant. Like, they wanna help you. You don't have to wait until it's a big problem. Like, the small problems are great. The ones where you can just reassure them, like, no. Actually, here's here's how I know, like, everything's fine or here's these small things you could try to get on a better track. Like, don't feel like it has to be this big problem before you call them. So I would say, you know, could have helped me tweak some of those things, but what they could and all did do was say, I know it's hard.

Jill Seberger [00:17:20]:

It's going to get better. Mhmm. And that was huge. Wow.



Carole Joy Seid [00:17:24]:

Because they had confidence and they had faith. Mhmm. We could talk to you all day. Right, Rachel? Couldn't we? Indeed. I wish Jill did live next door to us.

Jill Seberger [00:17:35]:

Oh, that'd be fun.

Rachel Winchester [00:17:37]:

Yeah. I had somebody before I had my first baby who told me who kinda gave me a warning of when I was pregnant, and she just said, you know, it might be a little difficult, but keep at it. Just keep going. And just to have that even just one person to tell me that. And I had done a lot of learning beforehand. And so I was very prepared, but you still don't know what it's gonna be like, and you've never done it before. So it's brand new. And, just to have that voice in my head of it's okay.

Rachel Winchester [00:18:08]:

Just keep at it and get the support you need. Keep going. Even if it's hard, it's it's gonna it's gonna work out most likely. You know? It's gonna work out, and it has. It did for me in all three situations. But let our listeners know where they can find you online, and I definitely recommend everybody download your ebook and flip through that. It's very helpful. Where can they find

Jill Seberger [00:18:34]:

you, Jill?

Carole Joy Seid [00:18:34]:

And did you mention that it's free? I just got mine delivered to my inbox right before we went on air. I'm like, okay. I want this. Yes.

Jill Seberger [00:18:44]:

Yes. The ebook is free. Yes. Yeah. Rachel, I love I love so everyone is some people don't have any problems and, you know, nothing just what comes up in their breastfeeding journey. But a lot of people have some sort of small hurdle and they're all different. And so you can't you can't necessarily prepare for all these different things that aren't gonna happen to you. Right? But Right.

Jill Seberger [00:19:07]:

You can get over them. And I think that's that's sometimes the piece that need that they need to know because they can't see the other side. And so they just need someone to tell them, like, no. You can almost almost all of the hurdles you can get

over Mhmm. And get on to reaching your breastfeeding goals. So that's a helpful thing. So, yeah, the best place to find me is at [breezybreastfeeding.com](http://breezybreastfeeding.com). And you can grab the free ebook there.

Jill Seberger [00:19:30]:

You can, sign up for my class there or you can sign up for that at [courses.breezybreastfeeding.com](http://courses.breezybreastfeeding.com). You can read all kinds of, information on [breezybreastfeeding.com](http://breezybreastfeeding.com), and then I'm on, like, all of the social media things too. Yeah.

Carole Joy Seid [00:19:45]:

And as I was looking it over today, before we went on, I just like, resources that you give, like, what about pacifiers? What about like, things like that. And it's just like, ugh. It's just it one stop shopping. I don't mean that you're selling this stuff. It's just it's free information, but it's just so marvelous to have a resource like this in real time, a real mother who's in the trenches nursing a baby and has seven children. Like, I think you've got a platform that is undisputed and and solid. And what a what a resource you are to my families that I work with, and it just gives me such joy to introduce you to to my tribe. So thank you, Jill, for being here.

Jill Seberger [00:20:33]:

Thank you for doing what you do and encouraging parents in their homeschooling. Yeah. You can kinda see how, like, get gaining this confidence as you're breastfeeding your baby then just transition to this confidence as you realize, like, you're their primary, former, and educator.

Rachel Winchester [00:20:50]:

That's right. Yeah.

Carole Joy Seid [00:20:52]:

I that's so in answer to to Rachel's, you know, the thing that one of her friends said, what are you doing a a podcast on this for if it's a homeschool podcast? But it's all part of it. Homeschool starts at conception and ends at death. And it's how we how we parent from the moment of conception. And so it's just part of the journey. And you I feel like you're putting guardrails along this, like, bridge that we're walking across to keep us on the bridge from falling off into the water. And you're just equipping our confidence as parents. So then we're like, well, I could do that. Maybe I can teach them their ABCs.

Carole Joy Seid [00:21:32]:

And now maybe I can teach them how to write and to read Shakespeare and, you know, it just builds, and it's all that we're what god calls us to do, he equips us to do. And this is part of it, and having you as a tool in our toolbox is amazing. So we're so honored to partner with you, Jill.

Jill Seberger [00:21:51]:

Thanks, Carol. Thanks for having me.

Rachel Winchester [00:21:54]:

Thanks for joining us this week on the Homeschool Made Simple podcast. Visit her website at [breezybreastfeeding.com](http://breezybreastfeeding.com). Jill has also generously offered our listeners a special discount for her breastfeeding course. When you use coupon code h m s, you'll receive 30% off the class. Look in the show notes for all of those links. Remember, Jesus' commandments are not burdensome. What he calls you to do, he will enable you to do. Blessings.