

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



nest

Newborn Enhanced Support Team  
A Family Support Hawai'i Project  
In collaboration with



KONA  
COMMUNITY HOSPITAL

*Mahalo to the following community partners for their support for the NEST Project:*

*Bill Healy Foundation, HMSA Foundation, Joseph and Vera Long Foundation, Laurence H. Dorcy Hawaiian Foundation, Hawaii Children's Trust Fund, West Hawaii Early Head Start, Hawaii Department of Health, and Mother-art.com (cover art).*

*For Breastfeeding Support*

Contact the Newborn Enhanced Support Team at  
[nest@familysupporthawaii.org](mailto:nest@familysupporthawaii.org)

Message Line: **(808) 334-4127**

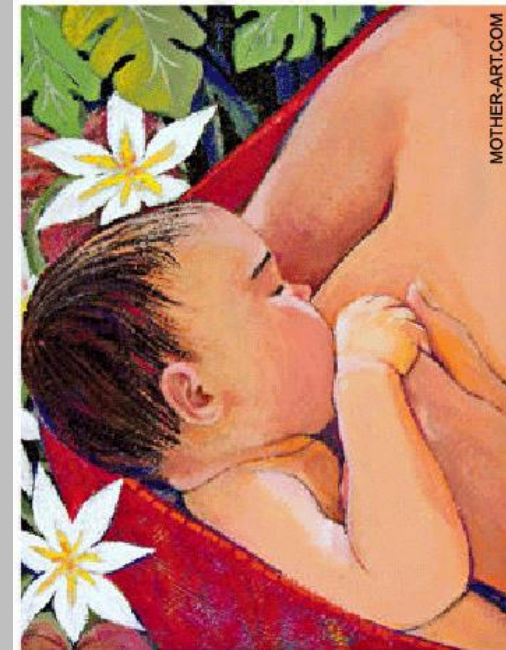
75-127 Lunapule Rd., Suite 11  
Kailua-Kona, Hawaii 96740



Visit us at:

<http://NEST.familysupporthawaii.org>  
[www.facebook.com/FamilySupportHawaii](http://www.facebook.com/FamilySupportHawaii)

NEWBORN ENHANCED SUPPORT TEAM



**NEST Parent Help Line:**  
**(808) 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, referrals, or to set up an appointment with us.

## 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

**KNOWLEDGEABLE SUPPORT IS  
JUST A TEXT AWAY—  
JOIN OUR *FIRST CONNECTIONS*  
TEXT PROGRAM TO RECEIVE TIMELY  
ADVICE FROM YOUR OWN BREAST-  
FEEDING PEER COUNSELOR**

***Meet the Newborn Enhanced Support Team:***  
**Leina'ala Henriques, Prenatal Family  
Resource Specialist & Program Man-  
ager**

Leina has provided support to parents and children in many different capacities. She is passionate about supporting mothers, encouraging healthy family relationships in our community and is excited to be part of such a great team. She is a wife and mother of a Daughter and son, born in 2001 and 2010. [lhenriques@fsswh.org](mailto:lhenriques@fsswh.org)



**Judy Personius, Lactation Consultant**

Wife and mother of five, Judy has many years of experience with pregnant moms and teen moms. She offers support and information on pregnancy, childbirth, and breastfeeding. As part of NEST, Judy supports moms to meet their breastfeeding goals. [jpersonius@fsswh.org](mailto:jpersonius@fsswh.org)



**Krista Olson, Lactation Consultant**

Mother of two, Krista coordinates the NEST project. She supports our team as a Lactation Consultant and as our Spanish-speaking Breastfeeding Counselor. Krista is also trained as a clinical herbalist, childbirth educator, infant massage instructor, and birth doula. [kolson@fsswh.org](mailto:kolson@fsswh.org)



**Tasha Fernandez, Family Resource  
Specialist & Breastfeeding Peer Counselor**

Tasha, a mother of three girls has been working with moms and babies for over 10 years. She is excited to share her knowledge of resources in the community with new moms. [nfernandez@fsswh.org](mailto:nfernandez@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!

