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# IOWA BREASTFEEDING HEALTH

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Iowa Breastfeeding Coalition Newsletter

Developed for Health Professionals to Support Breastfeeding

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## Mission Statement

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Providing, promoting, and coordinating breastfeeding education, support, and evaluation through local coalitions, health care providers, educational institutions, and other interested individuals.

## IBC Goals

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1. Assure access to comprehensive, current, and culturally appropriate lactation care and services for all women, children, and families.
2. Ensure that breastfeeding is recognized as the normal and preferred method of feeding infants and young children.
3. Ensure that all state and local laws relating to child welfare and family law recognize and support the importance and practice of breastfeeding.
4. Increase protection, promotion, and support for breastfeeding mothers in the work force.

Information provided and distributed by the Iowa Breastfeeding Coalition.

## Top 5 Tips for Breastfeeding during the Holidays

Written by Angela E. Bigler Swieter, RN, BSN, IBCLC, ICCE, owner of Basking Babies LLC

1. Reduce stress and don't forget to rest. Self-care is important! Nap and let others help you with cooking, cleaning, laundry and even your shopping.
2. Try not to overindulge on those candy canes. Mint can decrease supply. As always, staying hydrated and eating healthy foods is important.
3. Be careful how you carry your purse and your shopping bags. Avoid pressure on your breasts which could lead to clogging and mastitis. Consider using a rolling case for your shopping items.
4. Take the time you need to feed the baby. The busyness of the season coupled with family and friends giving extra snuggles to the baby can disorder your nursing schedule. This could reduce your milk supply and can also lead to more clogged ducts and even mastitis.
5. Enjoy a bit of holiday cheer but remember to imbibe your favorite drink in moderation. Generally "pumping and dumping" isn't necessary if your intake was moderate and your baby is healthy. However, it is always best to check with your Healthcare Provider for their recommendation.

HAVE A WONDERFUL HOLIDAY SEASON!



## Call for Photos!

If you are interested in submitting a breastfeeding photo for our next IBC calendar, please send them to us at

[iowabreastfeedingcoalition@gmail.com](mailto:iowabreastfeedingcoalition@gmail.com)

## IBC Gear

Check out our IBC merchandise! We have a variety of t-shirts and sweatshirts available to sport your support of the coalition!

<http://iabreastfeeding.org/store>

## Get Involved!

Interested in becoming more involved in the coalition? Want to work on a breastfeeding project? We are looking for volunteers! Contact us for more details.

[iowabreastfeedingcoalition@gmail.com](mailto:iowabreastfeedingcoalition@gmail.com)

## Invitation for Input!

Have a topic you'd like to see in the newsletter? Submit it through the Contact Us section of the website.

We'd love to spotlight some successes and accomplishments of our members!



## Upcoming Events

### Online Conferences & Webinars:

#### Gold Learning Online Continuing Education

Lecture Library with individual lectures or bundles

<https://www.goldlearning.com/ce-library/all-lectures>

#### Great Lakes Breastfeeding Webinars

Michigan Breastfeeding Network, Free

<https://www.mibreastfeeding.org/webinars/>

#### USBC "Power Tools" Webinars

United States Breastfeeding Committee

Bimonthly webinars, Free

<http://www.usbreastfeeding.org/power-tools>

### Online Lactation Education: 45-90 Hour Courses

#### Online Certified Lactation Specialist (CLS) Course

Online, 46 hours:

2021: March 8-12; March 24-26 & 29-30

<https://lactationeducation.com/clsc>

#### Lactation Education Counselor (LEC) Course

UC San Diego Extension

Online 45 hour course offered every quarter

<https://extension.ucsd.edu/courses-and-programs/lactation-education-counselor>

#### Online Certified Lactation Counselor (CLC) Course

Online, 52 hours course, self-paced- have 6 months to complete

[https://centerforbreastfeeding.org/register\\_lctc/](https://centerforbreastfeeding.org/register_lctc/)

#### Lactation Education Program

Arizona State University

Online, 90 hours, self-paced

<https://courses.cpe.asu.edu/browse/nursing-health-innovation/courses/cpe-lac-101>

## Meet the Editor

Angie Mach grew up in Eddyville, Iowa and now resides in Ottumwa, Iowa with her 6 year old daughter and husband. She has been a CLC for the last 3 years and works as a home visitor through Sieda Community Action Agency. As a mom starting out she had no idea what supports were available in the community and now is passionate about connecting and educating people on the services available; especially for breastfeeding mothers. In addition to being a home visitor she also facilitates a breastfeeding support group in her community. Angie has been a member of the Coalition since 2018.

## Current IBC Board

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### Co-Chair

Marieta Boberg,  
MS, RD, LD, IBCLC, RLC

### Co-Chair

Mollie O'Brien,  
DNP, ARNP, FNP-C

### Secretary

Jenny Wood,  
IBCLC

### Treasurer

Madelyn Brunow,  
RNC, IBCLC, RLC

### Membership Outreach

Leslie Dooley,  
PhD, IBCLC

### Board Liaison

Nicole Newman,  
RD, LD, CLC

### Join the Coalition

Join the coalition to connect with other breastfeeding advocates across the state of Iowa! Membership runs from May to May. The coalition is a group of lactation consultants, counselors, educators and specialists, dietitians, nurses, health professionals, peer counselors, mothers, and other interested individuals who are passionate about breastfeeding and want to promote and protect the rights of breastfeeding families in Iowa. <http://iabreastfeeding.squarespace.com/join>

## Announcements

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Recently a beloved member of our Iowa Breastfeeding Coalition, Judith Losh, passed. She was very active in the coalition, La Leche League and was the first IBCLC in the state of Iowa. Please join the board in offering condolences to the family in her passing. To find her full obituary follow click this link [http://www.hamiltonsfuneralhome.com/services/services\\_detail.aspx?rid=57256](http://www.hamiltonsfuneralhome.com/services/services_detail.aspx?rid=57256)

## Board Seeks Web Administrator

Do you want to help facilitate change for breastfeeding in Iowa? Have you ever considered being a member of Iowa Breastfeeding Coalition Board? If you answered yes to either of these questions this may be the opportunity you have been waiting for. Any member of the Coalition is eligible to run for a board seat.

The position is responsible for the following items:

1. Generate and update website content
2. Implement website changes and functional improvements
3. Manage website functionality and maintain web design
4. Track, compile, and analyze website usage data
5. Manage website orders for membership and merchandise and coordinate website transactions with Treasurer
6. Investigate technical issues and resolve problems
7. Inform board of website concerns and improvements
8. Attend the three yearly IBC meetings.
9. Attend all Board meetings and participate in Board calls.

If you are interested reach out to any board member.

## Milestone Minutes

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The first years of a child's life are the most important period of development physically, emotionally, cognitively and socially. The ways infants and children play, learn, speak, act, and move provide important clues about their development. Developmental milestones are things most children can do by a certain age and play an important role in infant feeding. The milestones are different for each age range and there is a normal range in which a child may reach each milestone. For more information about developmental milestones visit <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>.

CDC's Milestone Tracker App tracks children's milestones from age 2 months to 5 years. Download it free on iOS and Android devices in English and Spanish!

### 1 Month Milestones

<b>Movement</b>	<ul style="list-style-type: none"><li>Brings hands within range of eyes and mouth</li><li>Open their mouth in readiness to suck</li><li>Holds head up briefly while lying on stomach</li><li>Head flops backward if unsupported</li><li>Strong reflex movements</li><li>Arms and legs move equally on both sides</li><li>Makes jerky, quivering arm thrusts</li></ul>
<b>Visual &amp; Hearing</b>	<ul style="list-style-type: none"><li>Focuses 8 to 12 inches away</li><li>Eyes wander and occasionally cross</li><li>Prefers black-and-white or high contrast patterns</li><li>Prefers the human face to all other patterns</li><li>Hearing is fully mature</li><li>Recognizes some sounds</li><li>May turn toward familiar sounds and voices</li></ul>
<b>Smell &amp; Touch</b>	<ul style="list-style-type: none"><li>Recognizes the scent of own mother's breastmilk</li><li>Prefers soft to coarse sensations</li><li>Prefers sweet smells</li><li>Avoids bitter or acidic smells</li><li>Dislikes rough or abrupt handling</li></ul>
<b>Emotional</b>	<ul style="list-style-type: none"><li>Indicates likes and dislikes by facial expressions</li><li>When upset, responds to parent's cuddles, voice, and affection</li><li>Becomes alert when hearing a pleasant sound, like music</li><li>Begins getting attached to caregivers</li></ul>
<b>Social</b>	<ul style="list-style-type: none"><li>Prefer to look at faces</li><li>Enjoys eye contact</li><li>Smiles at faces</li><li>Cries if over or under stimulated</li><li>Shows pleasure in response to social interactions</li></ul>
<b>Communication</b>	<ul style="list-style-type: none"><li>Crying sounds the same and does not vary by specific need</li><li>Listens to the rhythm and melodies of speech</li><li>Can pick out mother's voice</li><li>Startles to loud noises</li><li>Makes sounds other than crying</li></ul>
<b>Feeding</b>	<ul style="list-style-type: none"><li>Latches on to nipple</li><li>Tongue moves forward and back to suck</li><li>Sucks and swallows well during feeding</li></ul>