

# IOWA BREASTFEEDING HEALTH

## Iowa Breastfeeding Coalition Newsletter

Developed for Health Professionals to Support Breastfeeding

### Mission Statement

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

### IBC Goals

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.*

Newsletter Editor:  
Marieta Boberg, MS, RDN, LD, IBCLC



### Save the Date!

#### Fall IBC Meeting

Our next IBC Meeting will be held virtually on Wednesday, November 15, 2023 from 12:00 - 3:00 pm. We are excited to have Dr. Janean Wedeking, DO, IBCLC join us to present “Mythbusters: Common Societal Myths, Social Media Pressures, and Clinical Scenarios that can Influence Breastfeeding” from 12:00 - 1:30 pm. Our IBC business meeting will follow the presentation from 1:30 - 3:00 pm. Registration is not required. IBC meetings are open to all IBC members free of charge.

#### Iowa Lactation Education: Delving Deeper

The ILE Delving Deeper training will be held virtually on Tuesday, December 5, 2023 from 12:00 - 2:00 pm. Registration is \$20 for IBC members and \$25 for non-members. Register [here](#) by Friday, December 1st. All 3 ILE presentations will be hosted again virtually by IBC in 2024.

### IBC Board Members

Co-Chair: Marieta Boberg, MS, RDN, LD, IBCLC  
Co-Chair: Mollie O’Brien, DNP-FNP, ARNP  
Secretary: Jenny Vinnece, RN, CLS  
Treasurer: Madelyn Brunow, RN, IBCLC  
Membership Outreach: Elizabeth Kehret, MA, IBCLC, IMH-E®  
Website Admin: Maggie Wright, RN, IBCLC  
State Liaison: Nicole Newman, RD, LD, CLC



## 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! Here are a few ideas of ways to get involved:

- IBC Newsletter Editor
- Write articles for IBC Newsletter
- Create education and outreach materials for the coalition
- Update coalition breastfeeding counseling guides
- Host an Iowa Lactation Education training in your community
- Run for an IBC Board position

Have another idea? Let us know! Reach out anytime!  
[iowabreastfeedingcoalition@gmail.com](mailto:iowabreastfeedingcoalition@gmail.com)

## Call for Speakers!

Interested in presenting a breastfeeding topic for an IBC meeting in 2024? We are looking for 60-120 minute presentations. Honorarium is provided. Submit ideas or contact us for more details.

## Iowa Rural Needs Assessment Survey

Access to breastfeeding services and state level support for rural communities is a high priority in the Iowa Breastfeeding Strategic Plan. The strategic plan workgroup would like your input on breastfeeding support and service availability in rural communities, to inform future initiatives that focus on improving access to quality breastfeeding support and services.

There are two surveys, one for organizations and [breastfeeding service providers](#) and one for [community members](#) (click links to access each survey). Please share the survey with others in your community!

## Iowa Breastfeeding Database

The Iowa Breastfeeding Database is now available! The breastfeeding database was developed as part of one of the goals in the 2023-2026 Iowa Breastfeeding Strategic Plan. Many partners from across the state collaborated to make this available to all.

The Iowa Breastfeeding Database is an online platform housed on the Cofffective dashboard that helps organizations find and learn about community partners, share information about their maternal and child health services with local organizations and families, and access resources for working together. The more organizations/individuals that are populated in the database, the more effective the database will be to improve access to breastfeeding services.

### How to Sign Up:

To sign up for an account and participate in the Iowa Breastfeeding Database, [sign up here](#). View the step-by-step guidance on [how to sign up](#), or watch this brief [how-to video](#).

### More Information on the Iowa Breastfeeding Database:

- View the [Iowa Breastfeeding Database Overview](#).
- Preview by watching this [tour of the Cofffective dashboard](#).

If you have questions about the dashboard, please reach out to Jane Stockton at [jane.stockton@idph.iowa.gov](mailto:jane.stockton@idph.iowa.gov) or [solutions@coffective.com](mailto:solutions@coffective.com).

## IBC Scholarships

IBC is proud to offer a variety of scholarships to members. Take advantage of these scholarship opportunities for breastfeeding education, 501c3 applications, and breastfeeding projects. For more details, click [here](#).

## USBC Conference and Convening

IBC Board members Jenny Vinnece and Madelyn Brunow traveled to the United States Breastfeeding Committee (USBC) Conference and Convening in Bethesda, Maryland this June. Here they share about their experience.

### *Jenny Vinnece, RN, CLS*

I had the privilege of attending the 2023 USBC Conference in June. The conference is designed to develop and strengthen the leadership capacity of the public health workforce. This conference is different from the research-based presentations that I am familiar with. I truly enjoyed this opportunity and the variety of topics and content presented.

Partnering for Progress: Strategies to Build Partnerships for Greater Impact and Your Top 100 Partners that Support Breastfeeding and Human Milk Feeding were very beneficial. Partnerships are crucial for promoting lactation in communities and creating the environments necessary to support families. Madelyn and I brainstormed to help identify potential partners and potential opportunities for collaboration to advance lactation support in Iowa.

I want to thank the Iowa Breastfeeding Coalition for allowing me to take part in this conference for the first time. Also, each of the speakers and conference planning committee for their time. I am grateful for this opportunity and knowledge base to help better serve my community.

### *Madelyn Brunow, RN, IBCLC*

In June of this year, I traveled to the beautiful Bethesda, Maryland to attend my FIRST in-person USBC Conference and Convening. Friday morning started with an amazing welcome of gratitude for returning to in-person gatherings and being in community with our friends and colleagues. Dennis Zotigh of The Zotigh Singers spoke of the native lands we occupied on this day and his group performed a couple of amazing songs (<https://music.apple.com/us/album/kee-tsa-gya/1459817588> if you'd like to check them out!). The energy and emotion were palpable. I was very excited to listen to Cydney Gaines from the Clyde Malone Community Center in Lincoln/Omaha Nebraska because it is close to me in Western Iowa. My mind was spinning on how to connect, collaborate, and reproduce the amazing things they are doing! Please check out their mobile milk share van reveal at <https://www.facebook.com/reel/1176539929714481>! We then learned about partnering and bridge building in our local initiatives to advance lactation support. On Saturday, we talked about building sustainable breastfeeding organizations. We discussed financial viability and partnerships to grow our organizations. One tool I learned about is Joan Garry's Leadership Lab. <https://nonprofitleadershiplab.com/>. We finished the afternoon with discussions on DEI and improving communications to bolster support for breastfeeding. Todd Moore with the American Academy of Family Physicians Center for Diversity and Health Equity was exciting to hear. I am looking forward to learning more from him as he is from the Kansas City area and I feel he would have a good understanding of Iowan's issues with breastfeeding support access. Information on his upcoming conference can be found at <https://www.kcheartlandconference.com/>. My biggest takeaway from him was to connect with your local chapter of AAFP to see how you can collaborate, perhaps attend the AAFP local conference and get to know the local Family Practice leaders.



## Breastfeeding Month Community Events

The 2023 World Breastfeeding Week was celebrated August 1st through August 7th with the theme of Enabling Breastfeeding: Making a Difference for Working Parents. National Breastfeeding Month continued through the month of August with Indigenous Milk Medicine Week from August 8-14th, Asian American, Native Hawaiian, and Pacific Islander Breastfeeding Week from August 15-21st, and Black Breastfeeding Week from August 25-31st. New celebration weeks this year include Workplace Lactation Week from September 1-7 and Semana de La Lactancia Latina from September 5-11.

IBC members share details about events held in their community for World Breastfeeding Week and National Breastfeeding Month. Thanks to everyone for your time and effort planning events!

### Guiding Star Cedar Valley

“On August 11th, we were delighted to welcome moms and babies to celebrate National Breastfeeding Month at our Support Group. Mothers were able to choose from an assortment of breastfeeding related gifts and each baby took home a cute "I eat at Moms" t-shirt. Nutritious snacks were available and Susan brought the traditional 'boob cookies'. The theme this year was "This is my WHY". Often we choose to breastfeed for different reasons, so we asked our Moms to share their WHY. It's amazing how we are so different, and yet, so alike.”



### Webster County Health Department WIC

The Webster County Health Department WIC hosted a community baby shower event on 9/9/2023. This was the first it's kind to be hosted in the community. Community partners were invited to share information regarding what services they provide to pregnant moms and for moms who have delivered in the past year. Ten community partners and over 55 moms attended the event. Each mom who attended received a small pack of diapers and wipes.

The Webster County Health Department WIC partnered with Unity Point Hospital in Fort Dodge to provide the 2 hour ILE Breastfeeding Essentials course on 8/2/2023 at Unity Point Hospital in Fort Dodge. The event was hosted after business hours and dinner was provided to attendees. This event provided an opportunity for WIC and clinic/hospital staff to meet and share consistent messaging around breastfeeding practices, and increase continuity of care between the OB clinic, hospital, and WIC staff. Attendees were able to receive nursing CEUs or CERPs.

## Breastfeeding Month Community Events (continued)

### Community Action of SE Iowa - Muscatine Office

A bulletin board in their WIC clinic supporting women who work.



### Broadlawns Medical Center

A World Breastfeeding Week celebration was held on August 5th during Broadlawns Medical Center's Mommy & Me Breastfeeding Support Group. Families from the community enjoyed refreshments, breastfeeding support, giveaways, and complimentary breastfeeding photos with local birth photographer, Nicole Crusinberry. Handmade nursing pads, 'My Mom is Breastfeeding' books, and breastfeeding education magazines were provided by Broadlawns WIC Program. The Breastfeeding Coalition of Polk County provided a "make and take" craft, where many older siblings in attendance helped decorate 'Pumping in Progress' hanging signs for parents to put on their office/pump room door. Information regarding breastfeeding while traveling and pumping rights was also provided.



Photo by Nicole Crusinberry Photography

## Breastfeeding Month Community Events (continued)

### American Home Finding

American Home Finding's Breastfeeding Peer Counselor (BFPC), Maternal Adolescent and Child Health (MCAH), and WIC programs had a Breastfeeding Awareness Event in Ottumwa on August 1, 2023. Their Breastfeeding Support Group participants and WIC participants throughout the service area, area providers/hospitals, staff members and anyone else interested were invited. Each participant visited 3 breastfeeding informational booths where they obtained information, gifts such as breastfeeding accessories and baby or mom care items, a mark on their "Event Card", and then the card went into a drawing for prizes. They had refreshments and their BFPC staff and Maternal Health Coordinator gave short presentations on related topics. Everyone had a great time, and 80 people attended. A local TV channel, KTVO, highlighted the event on the evening news.



### Pottawattamie County WIC Program

The Pottawattamie County WIC Program had breastfeeding moms write a word, quote, or advice on a heart shape paper and displayed it on their breastfeeding bulletin board. They also recognized all of their WIC Breastfeeding Peer Counselors on their WIC Facebook page.

They had a community event on August 3rd, called Wellness Bash, where they have a booth to promote WIC and the Breastfeeding Peer Counseling Program. All of their Peer Counselors attended and greeted clients and breastfeeding mothers. They made keychains to give it out to breastfeeding moms at the event and also throughout the month.

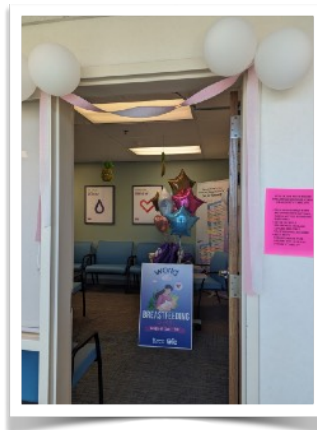
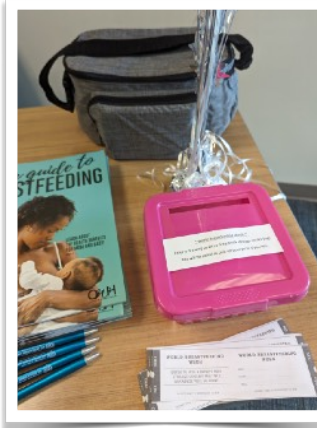
Working together with the Southwest Iowa Breastfeeding Coalition, they honored two breastfeeding friendly businesses: Myrtue Medical Center in Harlan and CHI Mercy in Council Bluffs.



# Breastfeeding Month Community Events (continued)

## Community Health Care WIC Program

A “Meet with your Breastfeeding Peer Counselor” event was held at Edgerton WIC in Davenport on August 1st and 2nd. Attendees received a gift bag with breastfeeding information sheets, water bottle, lanolin, quick clean bags, breastfeeding door sign, magnet, and bra pads. A drawing to win breastmilk storage coolers was also held. The Tipton Health Fair was on August 4th and the CHC WIC Program had a table to promote World Breastfeeding Week and the WIC Breastfeeding Peer Counselors. The breastfeeding gift bags were also provided at the event. Several Facebook posts were made on the CHC WIC Facebook page about breastfeeding throughout the month. The CHC Spilling the Tea Newsletter highlighted the WIC Breastfeeding Peer Counselors during World Breastfeeding Week.



## Black Breastfeeding Week: Brunch & Paint Event

*Lydia Amissah-Harris, MPH, BSB, CLS & Photos by Mariah Schieving Photography*

Black Breastfeeding Week is August 25th -31st and the theme for this year is We Outside! Celebrating Connection and Community. The aim for Black Breastfeeding Week is to raise awareness of the particular challenges facing Black breastfeeding parents. As we know, breastfeeding is essential to mommy and baby, which can impact bonding, growth, and development. In honor of this week NAACP, Chocolate Milk Cafe, Iowa Black Doula Collective, and Scott County Health Department, partnered up to bring fun events, education, and resources for support to the community. August 25th was the Hip-Hop Mommy Zumba Session with Sash Trice. She is an instructor from the YMCA and there were 11 participants that attended. Participants had the option of bringing their kids and learning some dance routines to help them be healthy. The second event was the Brunch N' Paint which was held at The Center Love in Action in Davenport. There were 20 participants who attended. The purpose for Brunch N' Paint is to gather the community and create a space where people can access resources and support, learn, and have fun. Community organizations were invited to present information and a discussion about breastfeeding experiences was held. By creating and painting these canvases, visuals of black women who are breastfeeding were created. This fosters encouragement and connection with ourselves and one another.

Resources included Amerigroup, Molina, Iowa Black Doula Collective, Mariah Schieving Photography Birth Photographer, Black Pearl Catering (Meal on Wheels for postpartum mothers), and the Iowa HHS Black Doula Program. From the Scott County Health Department Carole (I-Smile), Krishna (Tabacco), Stuart (HIV/Hep C testing and information) and Maternal Health Program were represented as well.

Organizations that sponsored the event were Amerigroup, Iowa Total Care, Molina, and the Iowa Breastfeeding Coalition. Women were able to have brunch catered by Lady V's Catering, enjoyed a Paint Session from Lanette Turner with Im'Press Designs and hear from a panel of local community birth doulas. Lydia is the health chair for NAACP, birth doula, and one of the organizers and moderators for the panel. Stuart Scott was also a part of the planning committee and played an integral part in organizing this event. On the panel was Tonya Williams, who has been a doula for 10 years and is our County Doula Liaison for the Iowa HHS Black Doula Program and facilitator for the Davenport Chapter for Chocolate Milk Cafe, Charmaine Clark, birth doula from EveryChild, and JaCarra Walker from the Iowa Black Doula Collective. Women were able to submit questions to the panel about breastfeeding and were able to hear about each organization's resources and referral system for additional help. Community members also had the opportunity to win door prizes, and one lucky winner received a free birth photoshoot from Mariah Schieving Photography.

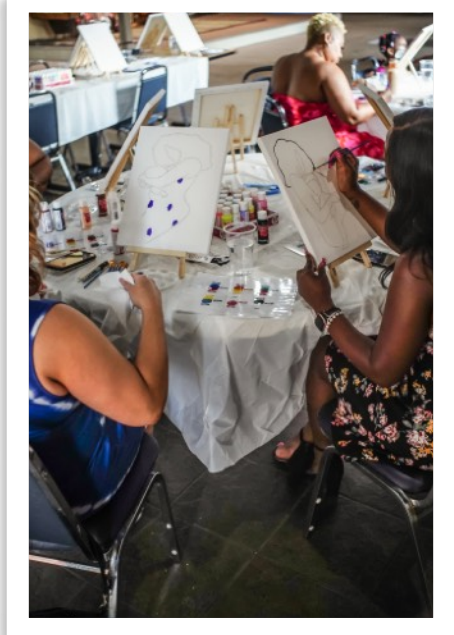
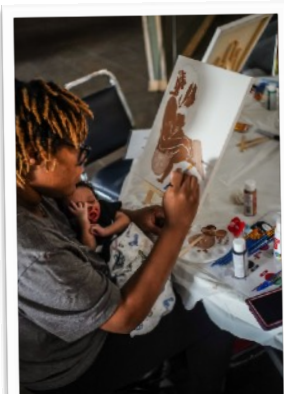
Community Feedback: Jamika Graves, a new mother who attended the event, reported that she tried breastfeeding again with her newborn and was able to have a successful latch! Go Jamika!





# Black Breastfeeding Week: Brunch & Paint Event

Photos by Mariah Schieving Photography



# Iowa Lactation Education

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*Marieta Boberg, MS, RDN, LD, IBCLC*

The Iowa Lactation Education (ILE) training is available to host in your community! Three presentations are available: Breastfeeding Essentials, Common Concerns, and Delving Deeper. Each presentation is 2 hours long and continuing education can be provided by the Iowa Breastfeeding Coalition for nurses, dietitians, and IBCLCs. More information is available on our website at: <https://iabreastfeeding.org/iowa-lactation-education>.

The new presentation Delving Deeper will be hosted virtually by IBC on Tuesday, December 5, 2023 from 12:00-2:00 pm. Registration for the training is open on our website: <https://iabreastfeeding.org/events>. The registration deadline is Friday, December 1st.

The ILE training with all 3 presentations hosted by IBC will be held again virtually in the summer of 2024. If you are interested in hosting an ILE training in your community this fall or in 2024, contact us for details on hosting a training. If you are interested in being listed as potential speaker for the ILE, reach out to us at [iowabreastfeedingcoalition@gmail.com](mailto:iowabreastfeedingcoalition@gmail.com).

## **Breastfeeding Essentials Objectives - 2 hours**

- Describe breastfeeding disparities by race/ethnicity and explain why diversity, equity, and inclusion are important for breastfeeding education.
- Explain effective counseling skills in a participant focused approach.
- Identify ways breastfeeding impacts maternal and infant health.
- List barriers to breastfeeding and describe strategies to overcome them.
- Identify major parts of the breast involved in making milk and name the primary hormones of lactation and their role in milk production.
- Describe early practices that can facilitate a good start with breastfeeding and list tips to identify infant feeding cues and how to know baby is getting enough.
- Explain steps to effective positioning and latch at the breast and distinguish between an effective and ineffective infant latch.
- Describe basic steps to hand expression.

## **Common Concerns Objectives - 2 hours**

- Identify signs and strategies to address maternal lactation issues including sore nipples, engorgement, ductal narrowing, mastitis, and nipple variations.
- Describe strategies to address latching difficulties and slow weight gain in breastfed infants.
- Recognize signs of low milk production and describe basic strategies and solutions for increasing supply.
- Describe techniques for breast compression, breast massage, and reverse pressure softening.
- Explain indications for using a breast pump and nipple shield and list steps for effective use of them.

## **Delving Deeper Objectives - 2 hours**

- Define diversity, health equity, inclusion, disparities, and social determinants of health.
- List 3 barriers related to equity that could affect breastfeeding.
- Explain why using inclusive language is important in providing lactation care.
- Describe the impact of trauma on health.
- List 4 principles of trauma informed care.
- Describe 2 impacts of traumatic birth on breastfeeding.
- List 2 reasons why parents may choose to exclusively pump.
- Explain why efficient pumping and flange fitting is important to maintain supply with exclusive pumping.
- List 2 risk factors for preterm infants and describe the positive impact of breastfeeding on those factors.
- Describe 2 ways to support breastfeeding in preterm infants.

# Resources

## First Droplets - ABC's for Professionals

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Dr. Jane Morton shared this new resource on the First Droplets website with us and encouraged us to share it with IBC members.

Our best opportunity to help new mothers prevent predictable, often serious complications begins in the earliest hours. Learn how problems with ABC, (**A**ttachment (latch and milk transfer), **B**reastmilk insufficiency and suboptimal **C**aloric intake) can be effectively and efficiently prevented. Professionals interested in the science behind the recommendations for both low and high-risk infants may download the new educational video, entitled “ABC’s for Professionals” from [www.firstdroplets.com](http://www.firstdroplets.com). Appropriate for MD, RNs, IBCLCs, midwives, doulas and staff. Please feel free to use for training in any educational setting.

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## Breastfeeding Education for Healthcare Providers

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IBLCE has several breastfeeding educational offerings for physicians and other providers (physician assistants, nurse practitioners, midwives, and dentists). Visit their website for more information: <https://lacted.org/providers-course/>.

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## Academy of Breastfeeding Medicine Protocols

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The Academy of Breastfeeding Medicine publishes protocols to facilitate best practices in breastfeeding medicine. The protocols serve a guideline for the care of breastfeeding mothers and infants. The clinical protocols are free and many are available in multiple languages. Visit their website for more information: <https://www.bfmed.org/protocols>.

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## PUMP for Nursing Mothers Act Webinar Series

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The U.S. Department of Labor - Wage and Hour Division is hosting a webinar series about the new PUMP for Nursing Mothers Act. A recording is available for the main webinar at the link below and registration is open for the October, November, and January webinars. For more information (including general guidance, resources for workers and employers, and information in other languages), visit the DOL website: <https://www.dol.gov/agencies/whd/pump-at-work>.

- PUMP at Work Protections under the Fair Labor Standards Act ([Recording](#))
- PUMP at Work Protections in the Agricultural Industry ([Recording](#))
- PUMP at Work Protections under the Fair Labor Standards Act in the Retail and Restaurant Industry Thursday, October 19, 2023 from 1 - 2 p.m. CST. [Register here.](#)
- PUMP at Work Protections under the Fair Labor Standards Act in the Care Worker Industry Wednesday, November 15, 2023 from 1 - 2 p.m. CST.
- PUMP at Work Protections under the Fair Labor Standards Act in the Transportation Industry Wednesday, January 24th, 2024 from 2 - 3 p.m. CST. [Register here.](#)

# Upcoming Events

## Webinars

### **Lactation Education Resources Online Presentations**

Various topics and presenters

<https://www.lactationtraining.com/shopping/online-shop/online-conferences>

### **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.mibbreastfeeding.org/webinars/>

### **USBC Webinars**

<https://www.usbreastfeeding.org/learning-opportunities.html>

### **IABLE Clinical Case Discussions & Webinars**

Various topics

<https://lacted.org/events/>

## Lactation Conferences

### **Kansas 2023 Breastfeeding Conference**

Oct. 26-27th, 2023, Wichita, KS

<https://ksbreastfeeding.org/events/kansas-2023-breastfeeding-conference/>

### **Basking Babies Fall Conference**

Nov. 6th, 2023, Des Moines, IA

<http://www.basking-babies.com/annual-conference>

### **Academy of Breastfeeding Medicine 28th Annual International Meeting**

November 9-12th, 2023, Schaumburg, IL

<https://www.bfmed.org/28th-annual-international-meeting>

## Lactation Courses (45-95+ hours)

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

Online and in-person, 46 hours:

<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>

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

Online, 52 hours course

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

### **Certified Breastfeeding Specialist**

54+ hours of online instruction, access for 365 days

<https://www.lactationtraining.com/cbs>

### **Lactation Education Program**

Arizona State University

Online, 95 hours, self-paced

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

### **Lactation Consultant Training Program Enriched (LCTP)**

Designed for aspiring IBCLCs

Online, 95+ hours, 365 day access

<https://www.lactationtraining.com/lactation-consultant-training-program>

### **Gold Lactation Academy**

95+ Hour Lactation Consultant Training & IBCLC Certification

Prep Course, Online, 1 year access

<https://www.lactationacademy.com/pages/lactation-training-certification-prep-course>

