

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



Iowa Breastfeeding Conference

The 32nd Annual Iowa Breastfeeding Conference is being held virtually May 18th & 19th. This conference will feature national speakers Katrina B. Mitchell, MD, IBCLC, PMH-C, FACS and Tom Johnston, DNP, CNM, IBCLC.

Katrina B. Mitchell, MD, IBCLC, PMH-C, FACS, is a board-certified general surgeon, fellowship-trained breast surgical oncologist, and international board-certified lactation consultant (IBCLC) whose practice includes the surgery of women with breast cancer and benign breast disease. She treats maternal complications of lactation, and has a special interest in pregnancy-associated and postpartum breast cancer. She has a certificate in perinatal mental health (PMH-C) and cares for women impacted by perinatal mood disorders.

Tom Johnston, DNP, CNM, IBCLC, is a midwife and lactation consultant. He obtained his Bachelor's degree in Nursing at Austin Peay State University in Clarksville, Tennessee, his Masters Degree in Midwifery at the University of Rhode Island in



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.

Iowa Breastfeeding Coalition Gear

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

<http://iabreastfeeding.org/store>

Calendars

There is still plenty of time to order your IBC calendar. They run from July 2021 through December 2022. They can be found at <http://iabreastfeeding.org/store>.

World Breastfeeding Week

The 2022 World Breastfeeding Week theme has been announced; the theme is Step Up for Breastfeeding Education and Support. Now is the time to start planning your Breastfeeding Week Events and share them with the coalition for upcoming newsletters. World Breastfeeding Week runs Monday, August 1, through Sunday, August 7. For more information on World Breastfeeding Week click [here!](#)

Local Coalition Update Request

We would love to hear from you about what your local coalitions are doing! Send local coalition events, activities, or accomplishments to share in an upcoming newsletter to the coalition at iowabreastfeedingcoalition@gmail.com.

Invitation for Input

Have a topic you would 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.

Identify the Issue

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

Challenge yourself and review your assessment skills by reading the clues and seeing if you can identify the issue most likely being described.

IBC Board Members

Co-Chair:

Marieta Boberg,
MS, RD, LD, IBCLC

Co-Chair:

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

Secretary:

Regan Aeschliman,
CLC

Treasurer:

Madelyn Brunow,
RN, IBCLC, RLC

Member Outreach:

Leslie Dooley,
PhD, IBCLC

Web Administrator:

Jennifer Vinnece,
RN, CLS

Board Liaison:

Nicole Newman,
RD, LD, CLC

Newsletter Editor

Angie Mach,
CLC

Your breastfeeding client is two weeks postpartum. Her baby is not at birth weight and she has been breastfeeding 8 times a day. She states she is planning to start bottle-feeding after nursing. Both mom and baby need to be assessed together but let's focus just on the mom for the purpose of this *Identify the Issue*. She presents with:

- The statement that she pumped instead of feeding the baby this morning and got 1 ounce combined.
- The statement that her breasts have never had much of full feeling.
- Can you identify (at least one) the issue?

New Opportunity: Public Comment on Draft Research Plan: Interventions to Support Breastfeeding

The U.S. Preventive Services Task Force posted today a draft research plan on interventions to support breastfeeding. The draft research plan is available for review and public comment from March 10, 2022, through April 6, 2022. To review the draft research plan and submit comments, go [here](#).

Upcoming Webinar: Enhancing and Diversifying the Lactation Workforce

Thursday, April 7th, 2022

2:00 – 3:00 PM EST

Register [Here](#)

The Association of State and Territorial Health Officials is hosting a webinar session titled "[Enhancing and Diversifying the Lactation Workforce](#)" on Thursday, April 7, from 2-3 p.m. ET. Speakers will discuss challenges faced in diversifying the breastfeeding workforce and initiatives that are working to enhance the lactation workforce. The session is part of the [Fostering Breastfeeding Equity Through Community Engagement](#) webinar series.

Iowa Senate Bill 2354

SF 2354 addresses perinatal and maternal support programs, appropriating \$2 million for fiscal year July 1, 2022 - June 30, 2023 for qualifying services. It was introduced on Feb 21, 2022, with a recommendation from the subcommittee to amend and pass it. The senate hearing took place March 23, 22.

Much of the bill addresses maternal support programs focusing on education, counseling and material items supporting individuals during the perinatal and postpartum periods with a goal to “Improve child health and development by helping parents provide responsible and competent care for their children”. Qualifying support services do not specifically list lactation support, breastfeeding services, chestfeeding or breastmilk as part of the bill.

Of most interest to IBC members is likely Section 3. If the bill passes, the Iowa Department of Human Services will be required to request the Centers for Medicare and Medicaid Services to *expand Iowa Medicaid coverage of women in the postpartum period to 12 months*, rather than the current approval for 60 days of insurance coverage.

You can read the full bill here:

<https://www.legis.iowa.gov/legislation/BillBook?ga=89&ba=SF2354>

Scholarship Opportunities

IBC is proud to be offering a variety of scholarships to its members.

2022 Iowa Breastfeeding Conference Scholarship:

Covers the full cost of registration for 1 or both days of the conference held May 18-19, 2022.

Information will be posted to our webpage. If you are applying for a scholarship, DO NOT REGISTER for the conference. We will finalize this step for you.

Scholarship for Breastfeeding Projects:

IBC provides funding supporting not-for-profit projects that educate parents, community members and/or healthcare professionals about breastfeeding. Each application is reviewed by the board to determine eligibility and the amount of funds dispersed.

Find more information here: <http://iabreastfeeding.org/scholarship>

501c3 Scholarship:

IBC supports local coalitions applying for 501c3 non-profit status by funding 50% of the application fee, up to \$200.

Find more information here:

<http://iabreastfeeding.org/scholarship-for-local-coalition-501c3-assistance>

Members can apply for more than 1 scholarship. See individual scholarships for how often they can be applied for.

Milestone Minutes

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. The [American Academy of Pediatrics](#) recommends that infants be **exclusively breastfed for about the first 6 months** with continued breastfeeding along with introducing appropriate complementary foods for 1 year or longer. [WHO and UNICEF](#) recommend early initiation of breastfeeding within 1 hour of birth, exclusive breastfeeding for the first 6 months of life, and introduction of nutritionally adequate and safe complementary (solid) foods at **6 months together with continued breastfeeding** up to 2 years of age or beyond.

Milestones at 9 Months

9 months			
Movement Milestones	<ul style="list-style-type: none"> Can quickly change positions Push up to a crawl position, sit back down, and pivot to pick up a toy 	<ul style="list-style-type: none"> Get into a sitting position by themselves Sit without support for longer amounts of time Pincer grasp with finger and thumb 	<ul style="list-style-type: none"> Pick up small objects Hold one item in each hand at the same time Move things from one hand to another
Visual and Hearing Milestones	<ul style="list-style-type: none"> Hears words as distinct sounds Is more responsive to sounds 	<ul style="list-style-type: none"> Judge distances fairly well and throw things with precision 	<ul style="list-style-type: none"> Can stare at small objects Begins to have depth perception
Emotional Milestones	<ul style="list-style-type: none"> May be shy, clingy, or fearful around strangers Shows several facial expressions, like happy, sad, angry, and surprised 	<ul style="list-style-type: none"> Attaches to objects for security, such as stuffed animals or a favorite blanket 	<ul style="list-style-type: none"> Reacts when you leave (looks, reaches for you, or cries) Seeks reassurance from caregivers
Social Milestones	<ul style="list-style-type: none"> Recognize the meaning of some facial expressions and tone of voice 	<ul style="list-style-type: none"> Responds to their own name 	<ul style="list-style-type: none"> Smiles or laughs when you play peek-a-boo
Communication Milestones	<ul style="list-style-type: none"> Repeat sounds that they hear Mimic the rhythm of the way others talk to them 	<ul style="list-style-type: none"> May say words like "mama" and "dada." Begins pointing at objects 	<ul style="list-style-type: none"> May wave "bye-bye" when prompted Lifts arms up to be picked up
Cognitive Skills (Thinking, Learning, and Problem-solving)	<ul style="list-style-type: none"> Looks for objects when dropped out of sight Watches objects when they fall Responds to simple commands 	<ul style="list-style-type: none"> Bangs two things together Turns pages in a book Looks at pages of books when read to Understands the meaning of "no" 	<ul style="list-style-type: none"> Understands the idea that an object or person exists somewhere even though the baby can't see the object or person at that moment

Feeding Milestones	<ul style="list-style-type: none"> • Continue to breastfeed • Eruption of first teeth • Ability to bite into and chew textured food • Points to food when hungry 	<ul style="list-style-type: none"> • May begin trying to feed themselves • Feed themselves food held in their own hand • Clear spoon with top lip 	<ul style="list-style-type: none"> • Continued development of tongue control • Begins to understand similar looking foods might taste the same
---------------------------	--	--	--

CDC's milestones and parent tips have been updated and new checklist ages have been added (15 and 30). For more information about the recent updates to CDC's developmental milestones, please view the [Pediatrics journal article](#) describing the updates.

For more information about developmental milestones visit [CDC's Developmental Milestones](#) [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](#)!

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>

IABLE Breastfeeding Webinars

Several webinars available for a cost

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

Unlocking the Mysteries of Human Lactation

Wednesday, April 20th, 2022

12pm-1pm (CST)

[Register Here](#)

Outpatient Breastfeeding Champion Webinar

Tuesdays, 4/12, 4/19, 4/26, 5/3, and 5/10

8:30am-11:45am (EST)

[Register Here](#)

6th Annual Comprehensive Clinical Breastfeeding Medicine Course for Physicians & Other Providers

Tuesday- Saturday May 31st-June 4th

[Click here for more information.](#)

Upcoming Webinar: Enhancing and Diversifying the Lactation Workforce

Online Lactation Education: 45-90 Hour Courses

Certified Lactation Specialist (CLS) Course

April 20-22 & 25-26, 2022

May 16-20, 2022

June 15-17 & 20-21, 2022

46 hours

<https://lactationeducation.com/clsc>

Lactation Education Counselor (LEC) Course

UC San Diego Extension

45 hour course offered every quarter

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

Certified Lactation Counselor (CLC) Course

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

https://centerforbreastfeeding.org/register_lctc/

Lactation Education Program

Arizona State University

90 hours, self-paced

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

IABLE Clinical Breastfeeding Medical Conference for Physicians and Other Providers

Scottsdale, Arizona

November 3rd-5th, 2022

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

Identify the Issue Answers

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

We are not making any diagnoses but it presents mom may have low milk supply.

Low milk supply is the number one reason mothers give formula to their babies.

The most common cause of low supply is not breastfeeding often enough. The body knows to make milk faster when milk is removed from the breasts.

Nursing the baby more often and even pumping after feedings can help build milk supply. Not only does this stimulate more milk removal it also stimulates the endocrine system to increase the hormones that produce milk. If mom does not have an electric pump at home, she can hand express her milk. You can likely assist her with securing a good pump through her insurance or possibly even using a rental pump.

Other suggestions:

- Foods and grains that are high in fiber such as oats, barley, brown rice and beans may increase milk supply. Oatmeal (preferably not instant), granola or granola bars, and cheerios may support milk supply.
- Recipes using brown rice or barley is a good idea. This could include making homemade soups or even checking the labels of store bought soups, which often contain these grains.
- Calcium-rich foods such as dark green leafy vegetables and almonds may be helpful. Mom could eat a spinach salad instead of using iceberg lettuce.
- Dried fruits such as apricots, dates, and figs are also recommended. Typically, when moms eat dried fruits they become thirstier, and drinking plenty of fluids (or fluids to thirst) is helpful.

- Recipes for baked goods that may increase milk supply can be found on the internet and might be something that a friend or relative could do for mom. The recipes generally contain brewer's yeast, flax seed and oatmeal.
- The most common cooking herbs helpful with low-supply issues include anise, blackseed, caraway, coriander, dill, fennel, and fenugreek. Non-food herbs that some moms find helpful include alfalfa, blessed thistle, milk thistle, nettle, goat's rue, red clover, and shatavari.
- Some companies will make a special blend of these herbs. Several herbal teas are available that use a combination of these herbs.
- Peanuts and sesame seeds may help, as will legumes such as beans, peas, and lentils.
- Things to avoid include mints, parsley, soy, coffee, and caffeinated beverages.

Low milk supply can be discouraging to moms and most times the plan to help build supply will involve much more than the suggestions above. These suggestions are remedies that work for some moms, but they are not meant as a treatment plan for every situation. When addressing an issue of low supply that is not resolved with more frequent milk removal and eating lactogenic foods there are other issues that will likely need addressed. Both the mom and baby's history and a physical exam is helpful. Observing a feeding in order to offer latch and positioning suggestions and to check milk transfer is helpful. Hormonal issues may also need addressed. The care and support from an International Board Certified Lactation Consultant and/or mom's Healthcare Provider is always recommended.

Lactation Smoothie

- 2 cups almond milk
- 1 banana
- 1/2 cup oats
- 2 tbsp chia seeds
- 2 tbsp flax seed
- 1-2 tbsp brewers yeast
- Handful of spinach
- Turmeric or ginger spice

to build or maintain your milk supply
blend and enjoy!

