

## Newsletter - February 2022

Our Vision:

There are no obstacles to breastfeeding in Idaho.

*Follow Us!*

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### LETTER FROM THE CHAIR

Hello and Welcome to 2022!

It feels so good to be moving into February and to have the chance to focus on the love we get to witness between every mother-baby dyad that we serve.

A quote that I love states:

The newborn baby has only three demands. They are warmth in the arms of [his] mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three."

-Grant Dick-Read, MD, from *Childbirth Without Fear*, 1955  
The Womanly Art of Breastfeeding, Diane Wiessinger, Diane West, Teresa Pitman

What are you noticing this year that you love in your work?

When you see a mother loving her child, what do you see?

How does it change you?

When a mother has been told this or that about her baby, and you are able to help her finally reach her goals, and you see her smile and gratitude, how is that for you?

We each serve breastfeeding families to the best of our abilities and it is the combined effort of each one of us that builds such a unique and robust support system for the State of Idaho!

Thank you for loving  
What you do changes

*Lynelle King*

the families you serve!  
lives for forever!

Join Zoom Meeting  
[HERE](#)

Dial in:  
1-669-900-6833 (San Jose)

Meeting ID: 853 2629 8339  
Passcode: 157228



Read more about Kirsten's Breastfeeding story [HERE](#).

The mission of the Idaho Breastfeeding Coalition is to facilitate a community and statewide landscape that protects, supports and promotes breastfeeding as the biological norm for a healthier Idaho.

# Agenda

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**HAVE INFORMATION YOU WANT ADDED TO THE NEWSLETTER?  
SEND US AN EMAIL AT [IDAHOBREASTFEEDING@GMAIL.COM](mailto:IDAHOBREASTFEEDING@GMAIL.COM)**

**WE ARE LOOKING FOR **2** INDIVIDUALS TO JOIN OUR BOARD!**

Are you interested in volunteering your time to help advance the mission and vision of the Breastfeeding Coalition? Then send us an email today! We are looking for 3 dedicated, self-starters to help us achieve our goals.

Email us today! [idahobreastfeeding@gmail.com](mailto:idahobreastfeeding@gmail.com)

## WALLENE STODDARD & RACHEL MAST

### Wallene Stoddard

- Staff Certified Nurse-Midwife
- Clinical Director of Midwifery Services
- Graduate of Philadelphia University, 2007 (Summa Cum Laude)
- Member of American College of Nurse Midwives (ACNM)

Primary Midwife at over 1,500 births

Wallene's journey with midwifery began over 20 years ago, with a hug. After four physician-directed hospital births, she thought she knew all about birth. As she joined a friend planning a home birth for her first visit with Beah, a Certified Nurse-Midwife, she was astonished to see the personal relationship between them—and that the visit began and ended with a hug. During the time of her friend's pregnancy and after her birth, she knew she wanted to offer the same type of care Beah did. That led to a journey of many years, starting with 3 home births of her own, raising 8 children, nursing and midwifery school, then working as a labor and delivery nurse for 7 years. Although she worked for 10 years in a hospital practice, she has never forgotten her dream of working one on one with women in their passage to motherhood. No matter if it is your first baby or your eighth, every woman deserves a personal relationship with the one who is their guide and "lifeguard" through pregnancy and birth.



When you come to the birth center or she comes to your home for your birth, you will likely find her with knitting needles and a ball of yarn making a hat for your baby. For many years, it has been her practice to give each new baby a hat made by her. Wallene believes that birth has its own process and she has observed that the calm produced by seeing her knit or crochet a hat while waiting helps that process along.

Every day she walks with women through their journey, she is reminded of how strong women are and what miracles are wrought through us. "There is no better job in life than the one I am called to—serving women and partnering with them in the well-being of their family."

## Rachel Mast

- Idaho Licensed Midwife
- Certified Professional Midwife
- Graduate of Birthwise Midwifery School, 2012
- Academic Faculty, Mercy in Action College of Midwifery, 2016-2018

Rachel Mast is an Idaho Licensed Midwife and Certified Professional Midwife. She graduated from Birthwise Midwifery School in 2012 after completing her clinical training here at New Beginnings Birth Center!

In recent years, Rachel has been working for non-profit, Mercy in Action in their work to improve maternal and infant mortality rates throughout the world. Her job as a midwife has taken her all over the globe to countries including the Philippines and India.

Rachel is passionate about training midwifery students. She has worked as academic faculty at a nationally accredited midwifery college and been the preceptor for many students.

Rachel married her husband, Joshua in 2016. Together, they enjoy hosting game nights with friends, watching football, traveling, listening to podcasts, CrossFit, Jiu Jitsu, good coffee and watching re-runs of the Office TV show.



# NURSING MOM FIGHTS FOR WORKPLACE RIGHTS

U.S. DEPARTMENT OF LABOR BLOG



U.S. Department of Labor Blog

[DOL Home](#)

[Blog Home](#)

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## Nursing Mom Fights for Workplace Rights

Filed in [Wage and Hour Issues](#), [Workplace Rights](#), [Women](#) • By: [Karen Clark](#) • January 12, 2022

Nicole Counter was thrilled to start working at Amherst Madison Real Estate and Wilson Homes in Boise, Idaho, in 2020. Hired as an executive assistant, Nicole was excited about her future with the company. She hoped to become a real estate agent and felt proud to work at one of Idaho's largest real estate brokerage firms.

A few months before starting, Nicole gave birth to a son, adding to her family of four. She was nervous but excited about being a working mom after several years of staying at home to care for her children, and looked forward to pursuing the career goals she'd placed on hold.

As a breastfeeding mom of an infant, Nicole regularly expressed her breastmilk while she was away from her baby at her full-time job. However, she struggled to find a private location to express her milk. She went from using the company's restroom to a shared office, but other employees still freely entered and left at will.

For Nicole, the lack of privacy was difficult, and expressing milk in a restroom where germs and waste were prevalent was even worse. However, these problems paled in comparison to



Idaho Local mother fights for rights—read the entire blog post [HERE](#).

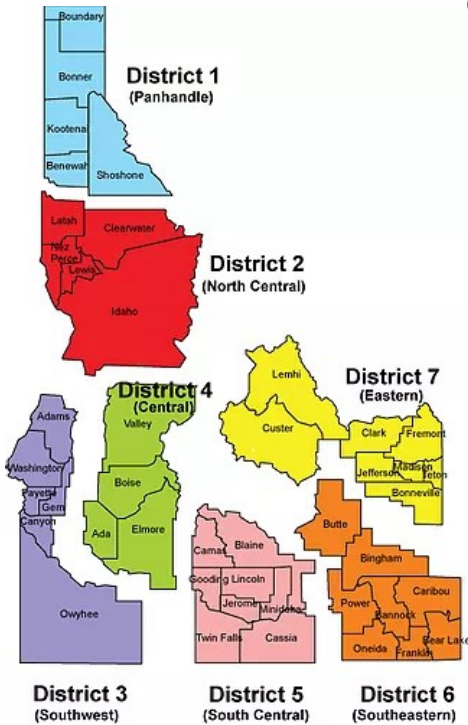
# WORLD BREASTFEEDING WEEK

## AUGUST 1ST, 2021–AUGUST 7TH, 2021



World Breastfeeding Week (WBW) is coordinated by the World Alliance for Breastfeeding Action (WABA) every year, since 2016, between August 1st and 7th to commemorate the Innocenti Declaration. More info on page 8!

### CHAPTER CHECK-INS



DISTRICT 1

DISTRICT 5

DISTRICT 2

DISTRICT 6

DISTRICT 3 & 4

DISTRICT 7

BETSY AYERS

KRISTIE KARROUM

The IBC is looking for individuals who are interested in being Chapter Chairs. If you are interested or have questions, email us at [idahobreastfeeding@gmail.com](mailto:idahobreastfeeding@gmail.com)

### IDAHO UPDATES

The Idaho Breastfeeding Coalition signed a letter of support for the United States Breastfeeding Coalition and their application for the [CDC Strengthening Breastfeeding Support by Coordinating National Efforts and Building Capacity of Breastfeeding Coalitions](#)

**DON'T FORGET TO STAY ABREAST...**

# STAYING ABREAST

WEEKLY WIRE NEWSLETTER

# The Coalition's **5** Focus Areas

## **1. LEGISLATIVE**

- A. LICENSURE FOR IBCLC'S

## **2. IDAHO BREASTFEEDING RESEARCH**

- A. UNIVERSITY SUPPORTED RESEARCH TO DEFINE:
  - A. GAPS IN CONTINUITY OF CARE BETWEEN BIRTH AND HOME
  - B. GAPS BETWEEN INITIATION RATES AND 6 MONTH RATES
  - C. RESEARCH ON COALITION RECOGNITION AS A BREASTFEEDING SUPPORT SYSTEM AVAILABLE IN IDAHO

## **3. COALITION SUPPORT OF BREASTFEEDING AS A NORM**

- A. SUPPORTING ACCESS TO ALL MOTHERS/FAMILIES FOR BREASTFEEDING TRANSITIONS AND SUPPORT
  - A. WIC SUPPORT IN THE HOSPITALS
  - B. TELEHEALTH OPTIONS FOR MOTHERS WHO DESIRE ONLINE SUPPORT OR ARE RURAL
  - C. DISTRIBUTION OF RESOURCES FOR COLLABORATION BETWEEN BIRTHING PLACES AND PEDIATRICIANS, PHYSICAL THERAPISTS, AND OTHER RESOURCES
  - D. NICU BREASTFEEDING DISCHARGE SUPPORT- INCREASING BREASTFEEDING RATES AT DISCHARGE AND BEYOND
- B. BUSINESS FRIENDLY DESIGNATION TO 200 BUSINESSES IN IDAHO BY 2020
  - A. FINDING BUSINESSES, SENDING OUT CLINGS AND CERTIFICATES, LISTING THEM ON THE WEBSITE AND IN SUMMIT MATERIALS
  - B. COLLABORATION WITH IDAHO HUNGER SUMMIT
- C. MEDIA SUPPORT WITH FOCUS ON DIFFERENT AUDIENCES
  - A. WEBSITE
  - B. FACEBOOK POSTS WEEKLY
  - C. INSTAGRAM POSTS WEEKLY



## **4. COMMUNITY OUTREACH & EDUCATION ABOUT THE COALITION AND BREASTFEEDING**

### **A. ANNUAL BREASTFEEDING SUMMIT**

A. EVEN YEARS IN BOISE

B. ODD YEARS IN OTHER LOCATIONS B. LIST OF EVENTS TO BE CREATE FOR IBC REPRESENTATION AROUND THE STATE

### **B. LIST OF EVENTS TO BE CREATE FOR IBC REPRESENTATION AROUND THE STATE**

### **C. CREATION OF EDUCATIONAL RESOURCES AND USING THEM**

A. PROFESSIONAL PRESENTATIONS

B. ACCURATE WEBSITE AND OTHER REPRESENTATION OF IDAHO BREASTFEEDING RESOURCES FOR PROFESSIONALS AND FAMILIES

C. LOCAL PAPERS/NEWS RELEASES

D. CREATION OF BOOTH ITEMS TO BE READILY AVAILABLE

1. REPRESENTATION AT OUTDOOR/PARK EVENTS

2. REPRESENTATION AT INDOOR EVENTS

## **5. SUPPORT OF NATIONAL ITEMS OF INTEREST**

### **A. REPRESENTATION AT THE USBC**

1. COALITION TO SPONSOR 2 REGISTRATIONS THE USBC WILL HOST THE OF INTEREST YEARLY FROM THE STATE OF IDAHO TO ATTEND THE USBC

2. IBC TO RECEIVE A REPORT FROM THOSE ATTENDEES IN THE AUGUST COALITION MEETING

### **B. REVIEW AT OUR QUARTERLY IBC MEETINGS HOW WE ARE RESPONDING TO THE SURGEON GENERAL'S CALL TO ACTION TO SUPPORT BREASTFEEDING**

## **LEADERSHIP NEEDS**

We're still taking applications for our Board of Directors! We're looking to include:

**Professionals in a Health Field with an intense interest of furthering the goals and mission statement of the IBC and breastfeeding mothers with a passion for moving state agendas forward.**

We specifically encourage those to apply who: are from an area outside of the Treasure Valley, passionately support breastfeeding protection, support and promotion, hold a health degree in a field that serves families, specifically lactating mothers, or are able to serve actively and independently on projects for the IBC on this board.

We hold quarterly meetings, lead sub-committees and are active in the Summit creation.



# HOW TO BECOME A

# Lactation Sup- PERSON

RESOURCES FOR CURRENT AND NEW LACTATION SUPPORT PERSONS



**IBLCE**<sup>®</sup>

*International Board of  
Lactation Consultant Examiners*



*Evergreen Perinatal Education*

Where Excellence in Healthcare Begins



Healthy Children Project, Inc.

**Center for Breastfeeding**

## UPCOMING EDUCATION AND WEBINARS

### Foundations for Best Practice in Lactation Care

Hosted by: Evergreen Perinatal Education

Multiple Dates and Locations

# Kirsten & Owen's Breastfeeding Story

I've always known that breastfed babies had the healthiest start. My mother breastfed us and my sisters their babies. However, as an acupuncturist and woman, I had heard from countless patients and friends that they were unable to breastfeed for such and such reasons. When I became pregnant I committed myself to breastfeeding my baby no matter what. To prepare myself, I read books on breastfeeding during pregnancy and even saw a lactation consultant in my second trimester! I thought for sure this meant I'd have an easy time nursing.

Fast forward to 9 weeks into our nursing journey. We have been lucky enough to have been graced by the following obstacles: I hemorrhaged after birth causing a significant delay in milk production. Our baby had a severe tongue and lip tie and was transferring ZERO milk prior to his revision. The latch issues led to blisters and deep bleeding cracks on both nipples. I have painful vasospasm in my right breast. I came down with full blown mastitis with a 103.6 degree fever and all, quickly followed by thrush!



As much as I like to joke about how unreal my luck has been, it has all made me realize how valuable that commitment I made to him, and myself, was. Had I not been absolutely determined to nurse my baby I would have given up weeks ago. I am fortunate to be surrounded by women who nursed their babies and whose advice is always to keep going. And my husband is so supportive that he took off his second day at a new job to take care of me while I had mastitis.



Today I have plenty of milk to feed my baby and am almost over all of the hurdles. To me breastfeeding isn't just a means to nourish my little one. It's literally his medicine (think antibodies, vitamins, minerals!). It's his comfort, his soother and his favorite place to be. It's hours spent connecting with my baby in a way that was uniquely designed just for us. No matter what inconveniences occur I will continue to show up for my baby in this way. And I'm grateful for the opportunity.

-Kirsten Malmendier

IF YOU ARE A BREASTFEEDING OR LACTATION RESOURCE, [EMAIL US](#)  
TO BE LISTED ON OUR WEBSITE

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CLICK [HERE](#) TO MEET OUR IBC BOARD MEMBERS

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### IDAHO BREASTFEEDING COALITION AWARDS

#### Jane Grassley Excellence in Breastfeeding Award:

This annual award recognizes an individual who fulfills the Mission and Vision of the IBC. The annual award will be presented to individuals who demonstrate leadership, dedication and compassion for breastfeeding families with the state.

#### Idaho Breastfeeding Friendly Worksite Recognition Award:

Know an individual or business who offers great maternity/paternity leave or is a breastfeeding friendly worksite? Nominate them today to recognize their important policies.

#### Exemplary Professional Leadership Award:

Nominate a group of breastfeeding leaders who show exceptional leadership and outstanding professional contribution in shaping lactation support and leadership in their community.

Click [HERE](#) to nominate someone today!

### BREASTFEEDING FRIENDLY BUSINESS DESIGNATION

Interested in becoming a designated Breastfeeding Friendly Business or Child Care Facility?

Applications are available on [our website](#) or you can email us at [idahobreastfeeding@gmail.com](mailto:idahobreastfeeding@gmail.com)

Future  
Meeting

May 5, 2022  
August 4, 2022  
November 3, 2022  
All meetings are between 12-1pm MST

Past meeting  
information is now  
located [HERE](#).