

## Newsletter - November 2021

Our Vision:  
There are no obstacles  
to breastfeeding in  
Idaho.

*Follow Us!*

OUR WEBSITE

FACEBOOK

INSTAGRAM

LINKEDIN

### LETTER FROM THE CHAIR

Hello!

Autumn is one of my very favorite times of the year. The vibrant colors remind me of so many amazing parts of being a mother. One of my favorite quotes of the season is,

*“Autumn knows a mother’s heart. It gives  
and then lets go.”*

How many opportunities there have been for all of us that advocate for breastfeeding mothers both in our own homes and in our work to give and then let go!

Personally we may be in a giving stage or we may be in a letting go stage. Or we may be in the middle of both stages at one time!

Thinking about these stages, I would ask that we reflect on how to intentionally give of ourselves during this beautiful time both to our own families and the families we serve and then trust and support them as they ready themselves and let go.



Read more about Elena’s Breastfeeding story [HERE](#).

*Lynelle King*

Join Zoom Meeting  
[HERE](#)

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

Meeting ID: 853 2629 8339  
Passcode: 157228

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

<a href="#"><u>LLL—Betsy Ayers</u></a> .....	Page 3
<a href="#"><u>Breastfeeding Spotlight—Lindy Johnson</u></a> .....	Page 5
<a href="#"><u>Meet the IBC Interns</u></a> .....	Page 6
<a href="#"><u>Idaho Updates</u></a> .....	Page 7
<a href="#"><u>The Coalition’s Five Focus Areas</u></a> .....	Page 9
<a href="#"><u>How to Become a Lactation Support Person</u></a> .....	Page 11

**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)

## LA LECHE LEAGUE BETSY AYERS

I began my LLL journey during my 1st pregnancy. I was working as a postpartum RN at the Harvard teaching hospital, Brigham and Women's in Boston. My education about breastfeeding during my BSN at Creighton in the late 70's was sorely lacking. For example, I remember teaching that staying latched for a very short time, a few minutes, would prevent sore nipples. I guess that might work if you were able to latch very frequently. Of course this was not the case at that time, since babies were expected to only nurse at scheduled times.

We planned a home birth and attended birthing classes that included breastfeeding education taught by our midwife. We knew very few couples with babies and did not live near our families. Neither my husband nor I had been breastfed. My mom had twilight sleep (morphine/scopolamine) and doesn't remember holding me for the 1st week. My husband's mother said she had a breast infection and was unable to nurse. The nurses I worked with nursed only until they returned to work in 6 - 8 weeks. I did know that the benefits of breastfeeding were supposed to last much longer. I sought out other women that had successfully breastfed and found my tribe with LLL in a suburb outside of Boston. This is where I observed happy and healthy babies and toddlers nursing. My bible was the *Womanly Art of Breastfeeding* which encouraged 'awake and aware' childbirth and prenatal breastfeeding education included attending monthly LLL meetings with focus on early stages of latching to nutrition and weaning.



I became a LLL Leader after our 2nd daughter was born in late 1980's after we moved to rural PA outside of Allentown. I had met the prerequisites for Leadership including nursing for at least 1 year, choosing to introduce complementary foods when we observed readiness and acknowledging that breastfeeding is the optimal way to nourish, nurture and comfort the baby. I found that I really enjoyed sharing what had worked for my family with other women, and offering mother to mother support. Another tenant of LLL Leaders was to provide education, as well as use listening skills, to empower women to make decisions about feeding their children along with their health care provider.

I was inspired by another RN who was an IBCLC at the hospital where I worked part-time in labor and delivery to become an Area Professional Liaison between health care providers and other LLL Leaders to answer more technical and legal questions.

After moving across the country to Caldwell Idaho in the early 90's, I continued to be a LLL Leader and most of my friendships developed from these early groups. These friendships continue to today, 30 years later. Boise and surrounding Canyon Country and Ontario OR had at least 20 Leaders with numerous monthly meetings including basic series meetings, evaluation meetings and toddler meetings. I was also involved in robust family celebrations for World Breastfeeding Week including picnics in the park with community vendors and record-setting Latch-On's.

I sponsored an educational human lactation opportunity featuring nursing LLL mothers in my husband's developmental biology class at College of Idaho. This was eye-opening experience for both male and female students.

LLL also sponsored Molly Pessl RN, BSN, IBCLC, FILCA from Evergreen hospital, the 1st Baby Friendly Hospital in the US, who presented breastfeeding educational program at St Luke's Hospital.

Another one of my LLL accomplishments, is starting the 1st LLL group in Singapore during my husband's 6 month sabbatical there in late 90's. I was also able to meet and got to know the 1st IBCLC in Asia, Doris Fok.

I became a IBCLC in 1993 and continue a Lactation Consultant at St. Luke's initially in Boise, then developed current Lactation Programs at Meridian and Nampa. I retired from LLL after 30 years.

All in all, La Leche League and mothering thru breastfeeding has provided guidance my both my professionally and personal life.

# BREASTFEEDING SPOTLIGHT: FOR COMFORT AND CONNECTION

WRITTEN BY HEATHER HAMILTON

“The plan was to quit nursing after the end of the flu season in 2020, but we all know what happened. All of the sudden, those antibodies became even more important, and there was no way I was quitting,” explains Lindy Johnson, a single mama by choice and engineer for the federal government. Her daughter Cora, now three, nursed until August of this year.

Johnson, the daughter of a public health and OB nurse, always knew she wanted to breastfeed, thanks to her mother’s work with programs designed to connect moms with various support systems early on. When Johnson embarked upon her own journey into solo parenthood, she recognized that the same support she’d seen her mother offer others would be crucial to her breastfeeding success.

“I was lucky enough to have my knowledgeable mom there. I had the tools, and, being an older mom, was willing to ask for any help I could,” she explains. After experiencing some pain, Johnson also sought the help of a hospital lactation consultant who solved what she says were “very limited breastfeeding issues--I was really lucky.”

Johnson exclusively breastfed Cora until she returned to work at 14 weeks, which she said was the easiest way to do it. She says she slept better and always felt prepared to feed her baby, which provided a perfect setup for a single mom. When Cora started daycare and Johnson began using a breast pump at work, things got harder.

Although Johnson was still able to breastfeed Cora on her lunch break, like many working moms, she stressed about her milk output. She says her lunch visits allowed her to help her care providers learn to bottle feed Cora in a way that supported breastfeeding, which helped ease some supply concerns. Still, watching those pump bottles fill up (or not) throughout the day created stress, caused clogs, and led her to try “every supplement out there.”

Ultimately, Johnson is happy with her breastfeeding journey, but wishes she wouldn’t have spent so much time and energy worrying about output at work. She says that, even though she is fortunate to have a job with excellent accommodations for expressing breast milk, work in America just isn’t set up for working mothers who pump.

Johnson pumped until Cora was a year old, and, as it turned out, had maintained a decent stash of milk, despite her worry. She was relieved to drop her pumping sessions, and says that letting go of that part of the journey really allowed her to enjoy the breastfeeding relationship again.

“Looking back, if I’d just been pumping, I don’t think I would have lasted. Hands down, it was the connection and closeness that kept me going. I really started to enjoy the journey again,” she says.

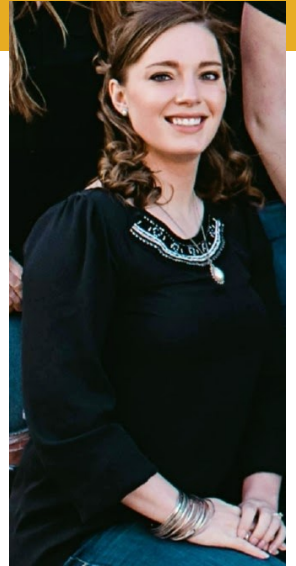
Fortunate to belong to a community of family and friends that normalizes breastfeeding to age one and beyond, Johnson is grateful to have nourished and comforted her daughter for so long. “I think, as a single parent, that connection really helped me during the pandemic too,” she says.



## MEET THE IBC INTERNS!

**Azure Stevenson** is a medical assistant certified through the National Healthcareer Association. She is currently working in the dermatology field and is pursuing a degree in Public Health with an Emphasis in Health Education and Promotion through Brigham Young University-Idaho. She plans on applying to a Physician's Assistant Program after graduating and would like to continue to work in the dermatology field.

Azure is married and has a seven-month-old son. She and her husband enjoy the outdoors, gardening, camping, and hiking. She enjoys reading and music of all genres. She likes anything Disney and true crime/forensic shows. She and her husband have two dogs and ten chickens.



**April Bodily** is pursuing a Public Health degree with an emphasis on Education and Promotion from Brigham Young University Idaho. As an intern, she will be working to create a State Specific Breastfeeding Friendly Hospital Certification Program. The outline for the program will be presented to the Maternal & Child Health Program within the Idaho Division of Public Health. She will also work to build a toolkit that will assist hospitals in adopting best practices. In her free time, she enjoys eating out, spending time with her family, and camping.

**Krishyon Young** has been supporting breastfeeding mothers for over two decades in her role as a La Leche League Leader in Massachusetts and as a birth Doula (DONA) and Childbirth Educator (CAPP). She loves supporting mothers during the tender and often challenging moments of motherhood. Krishyon and her husband Tony have six children and six grandchildren. When she is not visiting her children and grandchildren, she is busy planning her next trip to visit her children and grandchildren.



**Stefany Diaz** was born in Honduras but was raised in New York City. She is a Senior at Brigham Young University - Idaho and she is excited to graduate soon. She is currently majoring in Public Health and is looking forward to obtaining higher education. Her aspirations in life are to one day become a participant of healthcare policy and law decisions that would help provide health benefits to all, no matter where you come from and what your circumstances are. Stefany is the oldest of 4 and she absolutely loves her siblings! She loves to read, run, watch movies, and loves to cook! Her favorite thing to eat is pasta and chocolate! She is so excited to be part of the Idaho Breastfeeding Coalition and is willing to help as much as she can to see the organization thrive and really reach those mothers who need resources to provide their babies the best development.

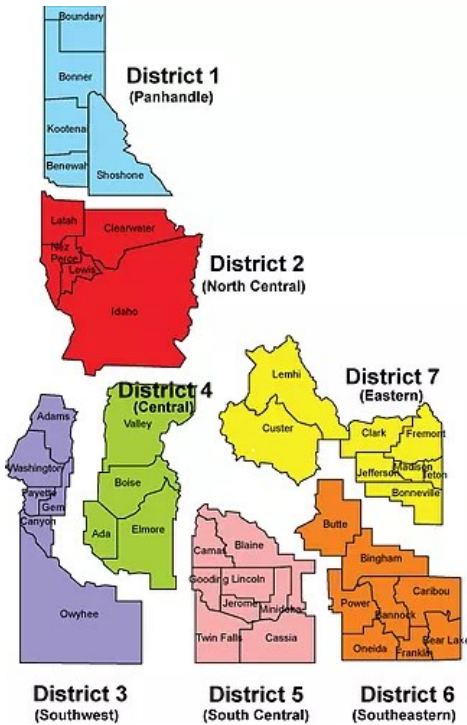
# WORLD BREASTFEEDING WEEK

## 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 Support

# 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

# Elena's Breastfeeding Story

3 tongue and lip tie revisions, more than a couple lactation consultation and chiropractic appointments later things are starting to look up for my little one. When she was born I knew she was going to be the best thing to ever happen to me. She is my first baby. When she was handed to me she was not able to latch onto either breast. At that moment I knew it was going to be quite a journey to get to where I saw myself breastfeeding my daughter. Things did not start how I imagined it. I was given the wrong size nipple shield by my nurse which only added onto the frustration I was feeling of not being able to feed my own baby. That's where the guilty feeling started to creep in that I wasn't doing a good job. Because I was her mom I felt I had to provide her with all she needed. Fast-forward a couple weeks nothing improved. She wasn't gaining weight so we had to supplement with formula to help reverse that. So much was happening so fast that I was noticing myself crying when she'd cry so I made the decision to move back home while my husband finished his enlistment in another state. I needed more help. I knew something was off and I started doing research on her symptoms and my own symptoms. It all led to her current lactation specialist. I remember filling out the paper for first consultation with the little symptoms check boxes. They were all checked off. And my suspicions were right. She was able to see what was wrong, and reassure me I wasn't exaggerating on my mommy gut feelings. After that first consult I knew everything was going to get better. I made her consult with her doctor that did both tongue and lip revisions. And in the matter of days they were done. The weeks that followed were honestly the most painful. Trying to feed her to the point of not needing a nipple shield, and waking her up every couple of hours for her tongue and lip therapies were some of the most painful moments for me. I felt I was the cause of all that pain. Things couldn't get any worse I thought. I was wrong. My little two month old turned out to be a super healer with new symptoms. Every time we picked her up to feed her hold her she would arch her back making it impossible to burp her, making everything she ate come back up. When I took her for her follow up consultation to our disbelief the tongue tie had started to heal back up quicker than her therapy was fixing the tightness. That led to the need of a second revision more therapies, and crying and more sleepless nights. We were referred to her current chiropractor after her first revisions to help with the tightness she started to experience in her whole body after the ties were revised. After all that we finally started to see some improvement. She was eating without the nipple shield which helped increase my milk production once again. It was all thanks to the group that worked together and made it possible from her current lactation specialist to her doctor that did the revisions and her and current chiropractor. Now my baby girl is almost 10 months old and I'm still breastfeeding. Never did I think I would last this long breastfeeding her. I'm beyond happy. Throughout all these ups and downs I have learned so much and I keep learning. I follow my mommy gut feelings, and make sure I get information when I feel something is off.

IF YOU ARE A BREASTFEEDING OR LACTATION RESOURCE, EMAIL US  
TO BE LISTED ON OUR WEBSITE

---

CLICK HERE TO MEET OUR IBC BOARD MEMBERS

---

### **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  
Meetings*

February 3, 2022

May 5, 2022

August 4, 2022

November 3, 2022

All meetings are between 12-1pm MST

Past meeting  
information is now  
located HERE.