

Newsletter - August 2021

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

Follow Us!

OUR WEBSITE

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INSTAGRAM

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LETTER FROM THE CHAIR

Hello and Welcome!

Babies, butterflies, blooming sunflowers and breastfeeding.

Summer time includes nourishing those around us and noticing the beauty of the earth in its growing season.

Have you ever noticed that summer time is also a great time of slowing down and speeding up in unexpected ways? Have you taken the time to note your slow down times? The curve balls that you are managing and the fast decisions you are making for your family and the families you serve? You are doing amazing work!

And... Happy World Breastfeeding Week!

One of the things that thinking about and celebrating World Breastfeeding Week does for me personally is to help me stop and slow down as I recall my nursing days. Thinking about those days makes me smile, sometimes cry a little bit and reminds me why I do what I do as a breastfeeding supporter.

Take a moment and celebrate YOUR contribution to the families in Idaho!



Synelle King

Join Zoom Meeting
HERE

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

Meeting ID: 859 9585 1881
Passcode: 892662

FUTURE MEETINGS

August 5th, 2021

November 4th, 2021

All meetings are between 12-1pm MST

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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**

WE ARE LOOKING FOR **3 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

Learning Together

JOIN THE
MEMBERSHIP MEETING
TO LISTEN IN

**USBC CONFERENCE
KRISTIE KARROUM AND JANE GRASSLEY**

IBC Board Members Kristie and Jane attended the UBSC conference and will be sharing an update!

**COVID-19
KIRSTEN PFANMULLER**

How has the COVID-19 pandemic changed infant feeding practices in Idaho? This qualitative study looks at breastfeeding, formula feeding, and birthing practices through a mother's lens, observing both positive and negative effects of the pandemic on caring for an infant.

Now Recruiting Breastfeeding Mothers for Important Research on Food Allergies

- Are you at least 18 years old?
- Do you have an infant 1 year or younger?
- Are you breastfeeding?
- Do you live near New York, NY, Moscow, ID or Boise, ID?



If so, you may be eligible to participate! Participation would require filling out several questionnaires, tracking your diet, eliminating cow's milk and/or soy products from your diet for several days, consuming soy or cow's milk daily for several days, and providing samples of breastmilk and maternal/infant stool.

Receive up to \$200 for participation!

Research funding provided by the Idaho Global Entrepreneurial Mission

For more information, please contact Cassandra Partridge, MS, RDN.

Phone: 208-301-3740

Email: milk-allergens@uidaho.edu



MEET THE

Treasure Valley Chapter

OF THE IBC

The Treasure Valley Chapter of the IBC recently held a Meet & Greet event. They featured the winning artwork from their Earth Day Coloring Contest and award the winner, Violet Byington, with her prizes! The artist and TVIBC member, Holly Papa, was there as well. They enjoyed refreshments donated by Breastfeeding Friendly Businesses: WildRoots Nature School and event space was donated by The Kula Connection. The event was held in the Adelman Building located in downtown Boise. There were three raffle winners and a quick presentation about the upcoming events for World Breastfeeding Week.



WBW ACTIVITIES:

Community Latch On—August 1
Occurring at 12pm at the Capital!
Everyone will latch on and then there will be a picnic in the park! Raffle available for \$1/ticket.

Milky Way Movie Night— August 4
FREE event to watch the Milky Way Documentary.
Occurring at the Overland Park Cinemas at 7pm.



INTERESTED IN BEING A PART OF THE TREASURE VALLEY IBC CHAPTER?

TVC of IBC membership is only \$10!

Membership includes a member sticker and access to meetings and private events!

[Email tvchapteribc@gmail.com](mailto:tvchapteribc@gmail.com)

Make checks payable to: TVC of IBC, 3313 W Cherry Lane #442, Meridian, ID 83642.
include "membership" in the memo and include your name, phone number, email and mailing address.

BREASTFEEDING SPOTLIGHT: CAT MACKINTOSH, IDAHO FALLS

When Cat Mackintosh gave birth to her daughter Gemma six months ago, after three years of trying and eventual fertility treatments, she expected breastfeeding to be easy. Gemma was a little bit growth restricted, and was relatively small. “About six pounds,” Cat says. “But from day one, breastfeeding was my goal.”

At the hospital, Cat met with a lactation consultant, but says that, after just giving birth, it was hard to retain information. From the beginning, Gemma had a hard time latching, so they started Cat on a nipple shield. While she was grateful that it provided a pathway to breastfeeding, it was cumbersome and difficult to remember. Her goal was to breastfeed without it, but she describes feeling lost amidst the abundance of online research and advice from family and friends in different stages of parenthood and breastfeeding. “I had no idea if I was doing anything right, so I searched ‘lactation consultant’ and found Kristie Karroum,” she says.

Krisite, an IBC board member and IBCLC, met with Cat in person to troubleshoot some of her obstacles. Cat says that she appreciated the advice of a breastfeeding expert amongst the barrage of solicited and unsolicited advice a breastfeeding person sometimes receives. Kristie explained that Gemma was small, had a narrow latch, and wasn’t an aggressive eater, which Cat appreciated. “Every mom goes into breastfeeding thinking it will come naturally. But for a lot of people it doesn’t. It can be really, really hard. So you get the mom guilt—I must be doing something wrong. To have Kristie there to tell me I was doing it right or could try it this way, was so helpful,” Cat says.

At first, Cat and Gemma kept up with the nipple shield and then, as Cat explains, Gemma just latched without it. “It was shocking. She just got it,” Cat says. Now, Gemma eats without the assistance of a nipple shield, and Cat says she’s doing awesome.

Of course, Kristie’s work wasn’t done. Cat says she came back a second time to evaluate their progress and answer questions about pumping and returning to work. “I probably would have quit breastfeeding that first month if it hadn’t been for Kristie and everything she helped me with,” Cat says.

Prior to Gemma’s birth, Cat was advised to temper her expectations around things like birth and breastfeeding to avoid feeling defeated, which helped discourage her from seeking out breastfeeding support prior to birth. Covid protocols also prevented in-class opportunities for many parents. Still, Cat says she wishes she’d taken a class—or at least been made aware of them—before she gave birth.

Sometimes medical professionals don’t know about kinds of breastfeeding support, which can help prevent or address concerns early on. Cat’s experience reinforces that, so to help, she provided Kristie’s information to her OB at her six week checkup, and they seemed receptive.

“I had a baby a couple months after my best friend, and I have a sister-in-law who was seven weeks behind me,” Cat says. “My experience versus their experience is just a testament to me that there are so many ways to feed your baby.” She explains that both tried and struggled with breastfeeding at the expense of their mental health. “I saw how hard it was for them to navigate that situation and go through all of the guilt. And for me, I was able to make breastfeeding a reality and save my mental health by having that support and having that professional help,” Cat says. “Out of the three of us, the one thing that I had that they didn’t was a lactation consultant. I’m super grateful for that.”

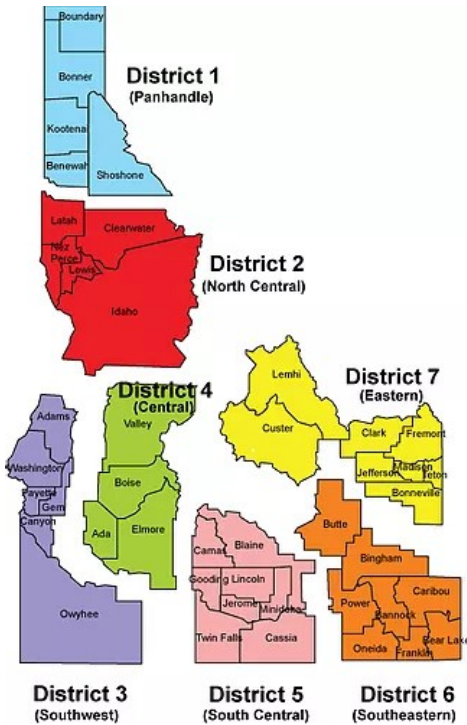
WORLD BREASTFEEDING WEEK

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

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

IT'S WORLD BREASTFEEDING WEEK!

AUGUST 1ST, 2021–AUGUST 7TH, 2021



Share your activities and ideas! What are you doing this week to celebrate and bring awareness to breastfeeding?

See more ideas and activities on our website by visiting the [World Breastfeeding Week 2021 page](#).

Oxytocin

What are the benefits of high oxytocin levels, besides making you feel happy?

Bonding

- Baby bonds with the mother, and is more likely to recognize her in the future.
- Mother bonds with baby, and is more likely to interact with her or protect other babies.

Learning

- Because oxytocin is also a neurotransmitter, it has the ability to create new neural pathways in the brain.
- Oxytocin supports learning and the adapting to a new life (for both mother and baby).

Digestion

- High levels of oxytocin are associated with more effective digestion.
- Babies take in more nutrition and show increased growth.

Lower blood pressure

- Oxytocin calms the nervous system and lowers blood pressure, resulting in relaxation in both adults and babies.

Increased circulation

- Blood circulates at increased rates to the skin and other parts of the body.

Check out your baby's rosy cheeks, hands, and feet. They can be a sign of good circulation!

Breastfeeding

Across

- Breastfeeding decreases baby's risk of readmission to hospital related to respiratory and gastrointestinal
- Protein and glucose that baby gets in _____ will level his/her blood glucose.
- _____ feeding can prevent engorgement.
- Skin to skin increases breastfeeding _____.
- Proper alignment for breastfeeding includes aiming the nipple towards the _____ of the mouth.
- Skin to skin should be initiated _____ after birth.
- _____ makes milk.

Down

- Milk should come in within _____ to five days.
- _____ is a learning experience for mom and baby.
- Breastfeeding should _____ be painful.
- _____ moves milk.
- Breastfeeding decreases mother's risk of breast and ovarian _____.
- For sore nipples, feed on the _____ sore side first.
- To release suction, place finger in the corner of baby's _____.
- _____ is a sign of good circulation!

INSTANT PROTECTION FROM INFECTION

PATHOGENS INHALED

BRONCHIO-MAMMARY PATHWAY

antibodies produced and sent to breastmilk

ENTERO-MAMMARY PATHWAY

ANTI-BODIES INCORPORATED INTO BREASTMILK

milk-producing cells in breast

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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®

*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

[Advanced Lactation Update and IBCLC Exam Strategies](#)

Hosted by: Evergreen Perinatal Education

August 17-19, 2021 | Emeryville, CA

[Foundations for Best Practice in Lactation Care](#)

Hosted by: Evergreen Perinatal Education

Multiple Dates and Locations

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!

IBC MEMBERSHIP

Ready to join the IBC?

Membership costs only \$25/year!

Membership includes:

- ✓ 10% on Summit Registration
- ✓ IBC magnet bumper sticker or other SWAG!
- ✓ Member nametag sticker & entrance into members only drawing at IBC Summit

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

Future
Meetings

August 5th, 2021

November 4th, 2021

All meetings are between 12-1pm MST

Past meeting
information is now
located HERE.

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