

# Iowa Breastfeeding Health

Developed for Health Professionals to Support Breastfeeding



Fall 2017

## Mission Statement:

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

Information provided and distributed by the **Iowa Breastfeeding Coalition.**

Iowa Breastfeeding Coalition Board Members:

- Co-Chair, Jocelyn Cole, CLC
- Co-Chair, Angela Swieter, RN, BSN, IBCLC, ICD, ICPE, ICPD
- Secretary, Patricia Perring, CLC
- Treasurer, Beth Buchholtz, RN, IBCLC, RLC
- Membership, Michelle Wieberg, RN, IBCLC
- Website Administrator, Marieta Boberg, MS, RD, LD, IBCLC
- Board Liaison, Nicole Newman, RD, LD, CLC

Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Jocelyn at:

[jcole@daviscountyhospital.org](mailto:jcole@daviscountyhospital.org)

## Welcome to our Premier Year of Iowa Breastfeeding Health!!!

If you are an Iowa Breastfeeding Coalition (IBC) member you will automatically receive this newsletter. If you are not an IBC member and would like to subscribe to the newsletter you can do so by emailing Jocelyn. Please include your name, email and phone.

[jcole@daviscountyhospital.org](mailto:jcole@daviscountyhospital.org)

## Global Breastfeeding Scorecard, 2017: Tracking Progress for Breastfeeding Policies and Programmes

<http://www.who.int/nutrition/publications/infantfeeding/global-bf-scorecard-2017.pdf?ua=1>

According to the Global Breastfeeding Collective, out of 129 countries with available data, only 23 countries are currently meeting the 2030 global goal of at least 60% of infants exclusively breastfeeding at six months. The overall rate of exclusive breastfeeding at 6 months of age is only 40%. WHO and UNICEF stress the urgency for funding, regulation of marketing of breast-milk substitutes,

paid maternity leave, Ten Steps to Successful Breastfeeding, breastfeeding counseling, community support programmes, national assessment of breastfeeding policies and programmes, and national monitoring of breastfeeding rates to increase breastfeeding rates worldwide. "Breastfeeding is one of the most effective investments a country can make to ensure a smarter, healthier population."

## Governor's Breastfeeding Proclamation

<https://www.governor.iowa.gov/2017/08/02/gov-reynolds-signs-world-breastfeeding-week-proclamation>



In conjunction with World Breastfeeding Week, on August 2, 2017 Governor Reynolds signed a proclamation declaring August 1-August 7, 2017 as Iowa Breastfeeding Week.

## Aromatherapy and Breastfeeding

<https://naha.org/explore-aromatherapy/safety/>

According to the National Association for Holistic Aromatherapy (NAHA), factors that can influence the safety of essential oils are the quality of essentials oil being used, the chemical composition of the oil, the method of application, the dosage/dilution that is applied, the integrity of the skin, and the age of the client. While essentials oils could potentially create "irritation or minor discomfort, it is extremely unlikely to create serious injuries or lasting physical problem." The NAHA supports the International Federation of Professional Aromatherapists (IFPA) Pregnancy Guidelines, as well as it outlines that the following essential oils should not be used during pregnancy, labor, or breastfeeding: aniseed, basil ct. estragole, birch, camphor, hyssop, mugwort, parsley seed or leaf, pennyroyal, sage, tansy, tarragon, thuja, wintergreen, and wormwood. "Although many essential oils are potentially hazardous materials, if handled in the appropriate manner, the risks involved in their use can be very small. So therefore, most commercially offered essential oils are safe to use for the purpose intended in a domestic/professional or clinical environment."

<https://naha.org/assets/uploads/PregnancyGuidelines-Oct11.pdf>

## Cultural Sensitivity and Breastfeeding



The Iowa Breastfeeding Coalition was honored to have guest speaker, Tope Awelewa MBCHB, MPH, IBCLC, FAAP, Clinical Assistant Professor of Pediatrics at the University of Iowa and American Academy of Pediatrics Chapter Breastfeeding Coordinator present on cultural sensitivity in breastfeeding care at the September meeting. There are five components of cultural competency: cross cultural awareness, cultural knowledge, cultural skill, cultural encounters, and cultural desire. One effective way of cross cultural communication is the LEARN Model. This includes listening, explaining, acknowledging, recommending, and negotiating. Click on the following links for more resources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1011028/pdf/westjmed00196-0164.pdf>

<https://globalhealthmedia.org/videos/>

<https://ethnomed.org/clinical/breastfeeding>

## What is the Milk Mob?

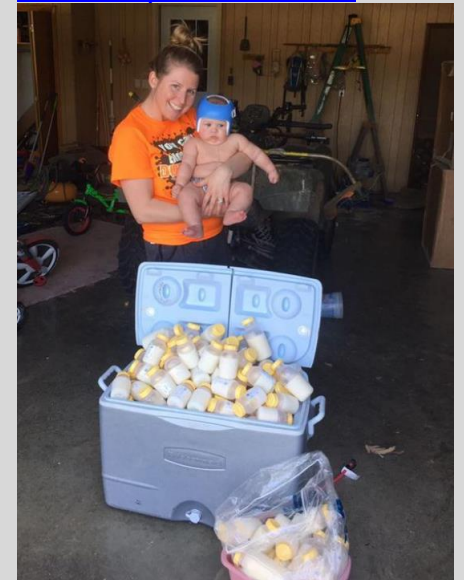
<https://themilkmob.org/what-is-the-milk-mob/>



"The Milk Mob is a nonprofit organization whose mission is to optimize the promotion and support of breastfeeding for families in the outpatient sector. The Milk Mob is dedicated to building Breastfeeding Friendly Medical Systems and Communities". The Milk Mob hosts various educational trainings as well as they have many resources and learning materials online.

## Generous Breast Milk Donation to Hurricane Harvey Victims

<http://www.foxnews.com/health/2017/09/05/missouri-mom-donates-breast-milk-to-harvey-victims.html>



Close to home, a Missouri Mother has donated 1,040 ounces of breast milk to the victims of Hurricane Harvey. During an interview with KMOV, Danielle Palmer of Owensville, Missouri said

"We have each other's backs. We take care of each other. Breastfeeding is hard. Whether you're pumping or feeding or however it may be, it's hard. And we're like momma bears, we protect one another".

### **Breastfeeding Education for Iowa Communities**

<http://www.iabreastfeeding.org/events/>

Breastfeeding Education for Iowa Communities was developed by the Iowa Breastfeeding Coalition (IBC) following a survey conducted by the Breastfeeding Coalition of Polk County. The purpose of this training is to enhance your knowledge and equip you in providing support to breastfeeding families. These trainings are ½ day and CEUs may be available.

### **Upcoming Breastfeeding Events and Educational Opportunities**

<http://www.iabreastfeeding.org/events/>

- Basking Babies Fall Conference—November 6, 2017.

<http://www.basking-babies.com/2017-fall-conference-information.html>

- Gold Lactation Online Conferences

<https://www.goldlactation.com/>

- Lactation Education Resources

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

### **Scholarships for Breastfeeding Education**

<http://www.iabreastfeeding.org/scholarship/>

IBC members are eligible to apply for scholarships for breastfeeding education. Scholarships are available up to \$100 per member and can be earned once a year. Apply online today!

### **Support Iowa Breastfeeding Coalition on AmazonSmile**

<https://smile.amazon.com>

AmazonSmile has all the same great products and prices as the original Amazon site, yet the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to whichever charitable organization that you designate. Log into your Amazon account and make Iowa Breastfeeding Coalition your charitable organization of choice.

### **Iowa Breastfeeding Coalition "Beautiful Breastfeeding" 2018 Calendars for sale**

<http://www.iabreastfeeding.org/events/>



Thank you to all our amazing mothers who sent in their 'Beautiful Breastfeeding' photos for the 2018 IBC calendar! Calendars can be purchased for \$10 each. This year, we

will also be shipping calendars for an additional fee as well as selling them in person at IBC meetings and other breastfeeding events.

### **Iowa Breastfeeding Coalition T-Shirts for sale**

<http://www.iabreastfeeding.org/events/>



Iowa Breastfeeding Coalition t-shirts are now available in a variety of colors! Teal, purple, blue, and gray. As well as we still have a few purple ¾ length sleeve shirts available! Shirts are \$15 each and may be shipped for an additional charge, or purchased in person at the IBC meetings and other breastfeeding events.

### **Join the Iowa Breastfeeding Coalition**

<http://iabreastfeeding.squarespace.com/join/>

Now is a great time to join the coalition! Memberships run from May to April. The Coalition is a group made up of lactation consultants, dietitians, health professionals, peer counselors, mothers and grandmothers who are interested in promoting and protecting the rights of breastfeeding women in Iowa.