

---

# 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.



### Save the Date!

Our next IBC meeting will be held virtually on Tuesday, November 15, 2022 from 1:00-4:00 pm. In addition to our business meeting, we are excited to welcome our guest speaker Genny Stiller, IBCLC with a presentation called "Neurodiverse Lactation Support". The meeting includes continuing education for the presentation and is free for all current IBC members. Not a member yet? Join today- it's only \$20 per year and includes continuing education at 3 meetings per year! More details for the November meeting and a full agenda will be coming soon.

---

### 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.

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



## Missed the August IBC Meeting?

A recording of our August meeting is available on the IBC website on the Members Only page.

Members can access Jean Drulis' presentation on *Two Decades of Milk Banking in Iowa: Mother's Milk Bank of Iowa* in addition to the IBC business meeting. Please note: continuing education is only available if attending the meeting live.

## IBC Gear

Check out our IBC merchandise! We have a variety of t-shirts and sweatshirts available to sport your support of the coalition!  
<http://iabreastfeeding.org/store>

## Get Involved!

Interested in becoming more involved in the coalition? Want to work on a breastfeeding project? We are looking for volunteers! We are also in need of a newsletter editor. Contact us for more details.  
[iowabreastfeedingcoalition@gmail.com](mailto:iowabreastfeedingcoalition@gmail.com)

## Call for Speakers!

Interested in presenting a breastfeeding topic for an IBC meeting in 2023? We are looking for 60-120 minute presentations. Honorarium is provided. Submit ideas or contact us for more details.

## IBC Scholarships

IBC is proud to offer a variety of scholarships to members. Take advantage of these scholarship opportunities!

### Breastfeeding Education Scholarships

Scholarships are available for current IBC members to attend breastfeeding conferences, courses, or webinars. They can be earned once in a 1-year period. Click [here](#) for more information and application.

### 501c3 Scholarships

Scholarships available to local breastfeeding coalitions in Iowa who are applying for 501c3 status. For more details, click [here](#).

### Breastfeeding Project Scholarships

Scholarships to support breastfeeding projects that educate parents, community members, and/or healthcare professionals about breastfeeding and breastfeeding support. Projects may include, but are not limited to: poster presentations, education materials, and breastfeeding events. See details of 3 recent breastfeeding project scholarships on the following page for some ideas! For more details and to apply, click [here](#).

## Iowa Breastfeeding Strategic Plan

*Jane Stockton, RN CLC*

With the assistance of many state partners representing many professions, organizations, and groups, there is now a final draft of an actionable state Breastfeeding Strategic Plan for Iowa. The plan includes four goals that encompass building partnerships, improving access to quality lactation services, increasing community-based lactation support, and increasing access to donor milk.

Action steps to assist in reaching these goals have been developed by partner workgroups. This plan includes activities that address breastfeeding training, developing a centralized database for breastfeeding resources, improving referral processes, recognizing and improving baby friendly practices in hospitals, and exploring insurance coverage for donor milk, to name a few.

The Strategic Plan will be finalized and implemented October 1, 2022. As workgroups address each of these activities related to accomplishing the defined goals, we invite anyone who has a specific interest in assisting to let me know by sending an email to [jane.stockton@idph.iowa.gov](mailto:jane.stockton@idph.iowa.gov).

# IBC Project Scholarship Recipients

## Project: Family Comfort Station

*Danielle Martens, Guiding Star Cedar Valley*



Thanks to the Iowa Breastfeeding Coalition, we were able to launch our Family Comfort Station at Iowa Irish Fest in Waterloo, August 5-7th. We were able to purchase the tent, comfy chairs, table, coolers and other materials for this outreach project we plan to set up at various festivals and events within the Cedar Valley.

We were able to provide a private, cool, CLEAN location to breastfeed, bottle feed, pump and change diapers. Families were beyond grateful for such a wonderful service especially in the heat and humidity. We provided snacks, cold water, breastfeeding resources, extra diapers and wipes and even activities for older kids to do while they waited. Our amazing lactation consultant even came and volunteered some of her time to give tips to mamas and answer any questions they may have had. We were able to serve 40 families at this first launch!

We look forward to filling our calendar for next summer with a variety of festivals to continue to support breastfeeding mamas and encourage them in their breastfeeding journey.

## Project: Family Comfort Station

*Kaleigh Van Middendorp, Guiding Star Siouxland*



Guiding Star Siouxland is a nonprofit, wholistic women's healthcare center providing four areas of service - natural family planning and fertility care, pregnancy and childbirth, breastfeeding and postpartum, and family life services. The town we were founded in, Orange City, holds an annual Tulip Festival, and for our inception, our organization has provided a Family Comfort Station for the festivities! We had a physical location near the festival grounds, and families would walk to our building to take a break, nurse their babies, have a snack, or change diapers. We moved out of that location in October of 2020 and are now located in Sioux Center, but we still wanted to provide nursing amenities and diaper changes to the families in our community. We believe that supporting families with young children is crucial to building a culture of life!

We made it our goal to provide the Family Comfort Station, regardless of our location. Guiding Star Siouxland rented a tent, borrowed coolers and chairs, and bought an extra changing table so that we could work on-site, in a variety of locations, to provide nursing amenities and complimentary diaper changes. It has been our honor to offer these Family Comfort Stations at the Orange City Tulip Festival, the Unseen Women's Conference, Sioux Center's Summer Celebration, and RiseFest. In 2021's Fiscal Year, we have served 226 men, women, and children!

Guiding Star Siouxland is thankful for the partnership of the Iowa Breastfeeding Coalition so that we can purchase our own tent, chairs, and cooler as our goal is to continue providing Family Comfort Stations throughout Siouxland.

## Project: Sioux City - Lactation Room in City Hall



IBC provided a scholarship for the development of a Lactation Room in City Hall in Sioux City. See the progress from start to finish [here](#). Beth, who uses the lactation room shared "I am so grateful for the lactation room here. It provides a clean, comforting environment and most of all it provides privacy. The room is so well planned out, everything I need is in it. I know for a fact that if we didn't have the lactation room, I would not have made it this far in my breastfeeding journey."

## Breastfeeding Report Card 2022

---

The Breastfeeding Report Card is released by the CDC every 2 years. The 2022 report card was released at the end of August with breastfeeding rates based on infants born in 2019.

	US National	Iowa	2030 Goal
Ever Breastfed	83.2	82.4	--
Breastfeeding at 6 months	55.8	58.3	--
Breastfeeding at 12 months	35.9	38.2	54.1
Exclusive BF 3 months	45.3	52.8	--
Exclusive BF 6 months	24.9	27.0	42.4

The percentage of infants that initiated breastfeeding in Iowa was slightly lower than the national average, but our breastfeeding rates at 6 months, 12 months and exclusive breastfeeding rates at 3 months and 6 months were slightly higher than the national average. We do have significant work to do to reach the 2030 Healthy People Goals for breastfeeding at 1 year and exclusive breastfeeding at 6 months. To view the full report card, visit [cdc.gov/breastfeeding/data/reportcard.htm](https://cdc.gov/breastfeeding/data/reportcard.htm).

## USDA Breastfeeding Award of Excellence

---

*Jane Stockton, RN, CLC*

The U.S. Department of Agriculture (USDA) has awarded three WIC agencies in Iowa with the Breastfeeding Award of Excellence for exemplary efforts in supporting breastfeeding WIC mothers through their Breastfeeding Peer Counseling Programs. The award is given at three levels of performance that build on one another: Gold, Gold Premiere, and Gold Elite. This year, American Home Finding Association and Webster County Health Department have been awarded Gold, and Operation Threshold, Premiere.

On August 3, 2022, Vista Suarez Fletcher, USDA Midwest Region Administrator and Samia Hamdan, Special Nutrition Programs Division Director presented the Gold Premiere award to Operation Threshold in Waterloo, recognizing them as the first WIC agency to develop a Breastfeeding Peer Counseling program in Iowa, and also for their outstanding efforts in developing partnerships within the community that strengthen efforts to support breastfeeding. Operation Threshold was one of only twelve WIC agencies in the United States to receive this award in 2022. All three agencies received awards during a virtual presentation and celebration by the USDA Midwest Regional Office on August 8, 2022.

## New WIC Breastfeeding Peer Counseling Programs

---

*Jane Stockton, RN, CLC*

Beginning October 1, 2022, all WIC agencies in Iowa will be providing Breastfeeding Peer Counseling (BFPC) services to WIC participants within their collaborative service areas. This means that ALL WIC participants within the state will have access to the support of breastfeeding peer counselors for the first time since breastfeeding peer counseling was introduced in Iowa in 2006!

The five WIC agencies that will be initiating BFPC programs are Mid Sioux Opportunity, Inc, North Iowa Community Action Organization, Dubuque VNA, Community Health Care, Inc, and Community Action of Southeast Iowa. These agencies will be in the process of developing their BFPC programs, receiving training, and hiring staff in the first few months of FY23.

## ABM Protocol Update

---

### Academy of Breastfeeding Medicine: Updated Mastitis Clinical Protocol #36

*Article written by Nicole Low, BSN, RN, IBCLC*

Mastitis is a common complication of breastfeeding mothers. Historically, it was thought of as an acute breast infection and treatment typically involved the prescription of antibiotics and supportive care instructions that advised mothers to massage the breast, empty the breast frequently, and use heat to help. New evidence suggests that mastitis can include a spectrum of issues that often starts as ductal inflammation, and may progress to acute bacterial infection or abscess if early corrective steps are not taken. This is where the big change in lactation support comes into play- those corrective actions no longer include direct breast massage or heat! Since mastitis often starts as ductal inflammation, or a "clogged duct", many online resources encourage mothers to aggressively "massage out" the clog. This practice is now known to be potentially damaging to delicate ductal tissue, and will increase inflammation. Likewise, many mothers will turn to pumping to "empty their breast" when they have a clogged duct. Since mastitis typically occurs early postpartum, this extra stimulation of the milk supply can add more milk to the already congested ductal area, worsening symptoms. The new guidelines recommend that mothers approach early symptoms of mastitis by 1) breastfeeding physiologically (i.e.-avoid pumping if possible) 2) Use ice/cold compress up to 15 min/hour to reduce inflammation 3) Ibuprofen/Tylenol to manage the pain. 4) Gentle lymphatic massage. To read the full protocol (as well as fun words like "phlegmon"), check it out here: <https://www.bfmed.org/assets/ABM%20Protocol%20%2336.pdf>

## Identify the Issue

---

*Written by Angela Swieter, RN, BSN, IBCLC, ICCE*

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

Your breastfeeding client is 7 weeks postpartum and mom reports that she is exclusively breastfeeding and baby is gaining well. In taking her history you gather the following information:

- Baby is gaining an average of 13 ounces per week.
- Baby has explosive frequent stools, is gassy and fussy.
- Baby is acting restless and unsettled.
- Baby seems to gulp and sometimes comes off the breast and coughs during feedings.
- Sometimes the baby bites the nipple while feeding.
- Baby is spitting up a lot.
- Mom's breasts are oftentimes very full.
- Mom states she has had some plugged ducts.

Can you identify the issue? See the answer on the following page.

## Identify the Issue - Answer

---

*Angela Swieter, RN, BSN, IBCLC, ICCE*

We are not making any diagnoses but it presents like oversupply.

- What are some cupboard cures for oversupply?

Nursing on one breast per feeding may help reduce supply. Some moms may need to do block feeding which is the baby nursing on the same breast for a specific amount of time. Moms generally start with a two hour time block. If the baby wants to nurse again within two hours, the same breast could be offered. At the start of the next feeding on the opposite breast, the next two hour block begins. Removing milk less often will slow down the rate of milk production and allows the Feedback Inhibitor of Lactation (FIL) to decrease supply. Occasionally a mom may need to increase the amount of block time in order to decrease production further. This should be done very slowly and carefully. Applying ice and taking Motrin during this time may help with the over full feeling.

- Herbs may be used to reduce supply. Example herbs would be oregano, parsley, peppermint, spearmint, sage, sorrel, thyme, jasmine, and periwinkle.
- Breastmilk reduction teas may help reduce supply.
- Over-the-counter medicines can sometimes be used while working with IBCLC or healthcare professional.
- During this time of reducing the milk supply the baby may be more comfortable with allowing several rest periods during the feeding and keeping the baby elevated both during and after the feeding.
- Oversupply oftentimes will adjust by the end of baby's third month.

These suggestions are remedies that work for some moms but they are not meant as a treatment plan for every situation. Care and support from an International Board Certified Lactation Consultant and/or mom's Healthcare Provider is always recommended.

---

## Milestone Minute

---

*Leslie Dooley, PhD, IBCLC*

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
- introduction of nutritionally-adequate and safe complementary (solid) foods at **6 months together with continued breastfeeding** up to 2 years of age or beyond



## Milestone Minute: 1 year

12 months			
Movement Milestones	Stand by flexing his knees and pushing off from a squat  Crawl very well  Use both hands freely	Crawl up stairs  Use the tip of the index finger and thumb to pick up small items  Put objects in and take them out of container	Twist to pick up objects  Turn in a circle when sitting  Place one block on top of another
Visual and Hearing Milestones	Becomes interested in pictures  Judges distance more accurately at grasping & throwing objects	Good visual tracking skills  Responding to their name  Looks at a familiar object when you name it	Turn their head in any direction to find an interesting sound or towards the person speaking
Emotional Milestones	Shows many emotions, such as being sad, happy, mad, scared, hurt, or uncomfortable  Cries when mother or father leaves	Shows specific preferences for certain people and toys  Repeats sounds or gestures for attention  May be fearful in some situation	Tests parental responses to his behavior  Show distress when they do something wrong  Displays affection in hugs, kisses, pats, and smiles
Social Milestones	Shy or anxious with strangers  Mimic other children	Enjoys imitating people in play  Extends arm or leg to help when being dressed	Prefers mother and/or regular caregiver over all others
Communication Milestones	Can say a few single words other than "mama" or "dada"  Correctly refer to each parent as "mama" or "dada"	Use the index finger to point to things they want and need  Points and gestures for objects and actions	Waves "bye-bye"  Babbling in long, repetitive strings
Cognitive Skills (Thinking, Learning, and Problem-solving)	Begin to follow simple commands like "give me the toy"  Understands "no"  Recognizes own face in mirror	Usually understand "mama" and "dada" and can identify each parent  Able to place shapes in proper holes	Recognizes familiar objects and pictures in books, may point to some objects when asked, "Where is the ...?"
Feeding Milestones	Continue to breastfeed  Can cope with most textures offered but chewing not fully mature  Signals or says 'no' to unwanted/ disliked food  Recognizes food by sight, smell, and taste	Communicates using words to ask for or name foods that they might want  May imitate eating behavior and will try a new food if an adult tries it first  Able to self-feed small pieces of food using fingers	Tests parental responses to his actions during feedings (How do you react when they refuse food?)  Begin to try to feed themselves from a spoon without spilling

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

---

### Webinars

#### IABLE Clinical Case Discussion Webinar:

##### A Case of Slow Infant Growth

Oct 9, 2022, 7:00-8:15 pm

<https://lacted.org/shop/case202210/>

#### IABLE Unlocking the Mysteries of Human Lactation:

##### Timing of Circumcision & Breastfeeding Frequency

Oct 19, 2022, 12:00-1:00 pm

<https://lacted.org/shop/research202210/>

#### IABLE Clinical Case Discussion Webinar:

##### A Case of Fussiness at the Breast

Nov 13, 2022, 7:00-8:15 pm

<https://lacted.org/shop/case202211/>

#### 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.mibbreastfeeding.org/webinars/>

#### USBC "Power Tools" Webinars

Bimonthly webinars, Free

<http://www.usbreastfeeding.org/power-tools>

#### Kansas Breastfeeding Coalition Breastfeeding Webinars

<https://ksbreastfeeding.org/breastfeeding-webinars/>

#### LactaLearning Book Group: Supporting Sucking Skills in Breastfeeding Infants

Oct 9 - Jan 15 (10 sessions), \$179-249

<https://lactalearning.com/book-groups/supporting-sucking-skills-book-group/>

### Lactation Conferences

#### iLactation Online Breastfeeding Conference

September 15 - Dec 15, 2022, 20+ hours, \$40-220

<https://ilactation.com/conferences/our-21st-online-breastfeeding-conference/>

#### Kansas Breastfeeding Coalition 2022 Conference

Oct 13- 14, 2022, in Wichita

<https://ksbreastfeeding.org/events/the-kansas-2022-breastfeeding-conference/>

#### IABLE Hot Topics in Breastfeeding Medicine: 4th Annual Conference for Physicians & Other Providers

Nov 3-5, 2022, Webinar & In-Person options

<https://lacted.org/shop/phoenix2022/>

### Lactation Courses (45-95+ hours)

#### Online Certified Lactation Specialist (CLS) Course

Online, 46 hours:

<https://lactationeducation.com/clsc>

#### Lactation Education Counselor (LEC) Course

UC San Diego Extension

Online 45 hour course offered every quarter

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

#### Online Certified Lactation Counselor (CLC) Course

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

[https://centerforbreastfeeding.org/register\\_lctc/](https://centerforbreastfeeding.org/register_lctc/)

#### Certified Breastfeeding Specialist

54+ hours of online instruction, access for 365 days

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

#### Lactation Education Program

Arizona State University

Online, 90 hours, self-paced

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

#### Lactation Consultant Training Program Enriched (LCTP)

Designed for aspiring IBCLCs

Online, 95+ hours, 365 day access

<https://www.lactationtraining.com/lactation-consultant-training-program>

#### Gold Lactation Academy

95+ Hour Lactation Consultant Training & IBCLC Certification Prep Course, Online, 1 year access

<https://www.lactationacademy.com/pages/lactation-training-certification-prep-course>

