

# Iowa Breastfeeding Health

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.

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

Iowa Breastfeeding Coalition Board Members:

- Co-Chair, Jocelyn Parris, CLC
- Secretary, Patricia Perring, CLC
- Treasurer, Beth Buchholtz, RN, IBCLC, RLC
- Membership, Michelle Wieberg, RN, IBCLC
- Website Administrator, Marieta Boberg, MS, RD, LD, IBCLC

Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Jocelyn at: [jparris@daviscountyhospital.org](mailto:jparris@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.

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

## Donor Human Milk for the High-Risk Infant: Preparation, Safety, and Usage Options in the United States

<http://pediatrics.aappublications.org/content/pediatrics/139/1/e20163440.full.pdf>

In January, the American Academy of Pediatrics (AAP) released *Pediatrics* Volume 139(1) which states that although a mother's own milk is preferred first, the use of pasteurized "donor human milk is increasing for high-risk infants, primarily for infants born weighing <1500g or those who have severe intestinal disorders" when a mother's own milk is insufficient. It is strongly recommended that human milk donors be screened and donated milk should be

pasteurized in accordance with all policies and procedures. Health care professionals should stress the risks of informal milk sharing of unpasteurized milk to families including but not limited to contamination and exposure to medications and drugs. The AAP stresses the importance of availability of donor human milk based on medical necessity, not financial status. Policies are needed ensure that the distribution of donor human milk is not limited by the family's ability to pay.

## 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. The next training will be on April 4<sup>th</sup>, hosted by the Ottumwa local WIC agency.

Spring 2017

## **Really? Really! Breastfeeding. Know the Facts.**

<http://www.reallyreally.org/>  
Really? Really! is an initiative to “make the complex simple to understand so mothers can make an educated and informed decision on how to feed their baby; and healthcare providers will have tools to communicate effectively about breastfeeding facts”. It’s a great campaign that originally started with three main educational posters: The Scared Hour, Skin-to-Skin, and Benefits. The website extends free downloadable educational posters and brochures that can be customized to include your facility’s name/logo.

## **Iowa 2015 mPINC Report**

<https://www.cdc.gov/breastfeeding/pdf/mpinc/states/2015/iowa-2015-mpinc-report.pdf>

Up, up, and away! Iowa’s score has risen from 69 on the 2013 survey to 75 on the 2015 survey! Iowa ranks 38 of 53 overall.

## **American Academy of Pediatrics New Safe Sleep Recommendations to Protect Against SIDs.**

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-safe-sleep-recommendations-to-protect-against-sids.aspx>

“Approximately 3,500 infants die annually in the

United States from sleep related deaths, including sudden infant death syndrome (SIDS); ill-defined deaths; and accidental suffocation and strangulation”. The American Academy of Pediatrics (AAP) recommends that infants should sleep in the same bedroom, but on a separate, safe surface for at least 6 months of life up to a year. Hazardous surfaces for infants include sofas, couches, and cushioned chairs. Other safe sleeping recommendations are placing baby on his or her back on a firm surface with a tight fitted sheet, avoiding crib bumpers, blankets, and pillows, and avoiding exposure to smoke, alcohol, and illicit drugs. Skin-to-skin, breastfeeding, pacifiers at nap and bedtime, tummy time, and vaccinations are encouraged as added protection against SIDS.

## **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.

## **Scholarships for Breastfeeding Education** <http://www.iabreastfeeding.org/scholarship/>

IBC members are eligible to apply for scholarships for breastfeeding education.

## **28<sup>th</sup> Annual Iowa Breastfeeding Conference**

<http://www.unitypoint.org/bankchildrens/classes-and-events-details.aspx?id=69adda51-5cfb-44fe-834b-f4b7203ed9c3&typeid=cbd556aa-6685-4bb8-b8ac-efd3b9f5279c>

The IBC meets 3 times a year. The January and September meetings are by webinar while the May meeting is a face to face meeting which kicks off the Annual Iowa Breastfeeding Conference on Day 1. This year’s conference will be held on Wednesday May 17<sup>th</sup> and Thursday May 18<sup>th</sup> at the Airport Holiday Inn Conference Center in Des Moines. You do not need to be a coalition member to attend. CEUs available.

## **Join the Iowa Breastfeeding Coalition** <http://iabreastfeeding.square.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.