

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 Cole, CLC
- Co-Chair, Angela Swieter, RN, BSN, IBCLC, ICD, ICPE, ICPD
- Secretary, Sabrina Martinez, MD
- Treasurer, Beth Buchholtz, RN, IBCLC, RLC
- Membership, LeeAnn Albright, MSN, FNP-C, IBCLC RLC
- 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: JocelynCole17@gmail.com

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.

Meet Your 2018-2019 Iowa Breastfeeding Coalition Board!



Co-Chair, Jocelyn Cole

Jocelyn has been an IBC member since 2014 and IBC Co-Chair since May 2016. She established a breastfeeding support group called Nursing Mothers' Support Group in Southeastern Iowa in 2014 and continues to support breastfeeding in several local hospitals and online forums. She is a microbiologist at Zoetis. She and her husband live in Osage, Iowa and have three children collectively (3, 5, and 7) and are currently expecting their 4th child within the next week! Her interests include breastfeeding and babywearing support and spending time with her family doing outdoor activities.



Co-Chair, Angela Swieter

Angela is one of our longest running IBC members and has served on our IBC Board in multiple positions over the years. She was previously the Membership Outreach Coordinator and has been Co-Chair since 2017. She is an RN with a BSN and IBCLC. She is also a Childbirth Educator and Doula. Angela has a private practice as the owner of Basking Babies, LLC doing home and office lactation consultations and various classes for parents. She also does education for health care professionals. She and her husband have 3 children and 9 grandchildren.



Secretary, Sabrina Martinez

Sabrina is the newest member of the IBC Board! She is a family medicine physician at Iowa Lutheran Hospital and East Des Moines Clinic. Her interests include lactation medicine, educating physicians about breastfeeding, and advocating for policies that encourage breastfeeding. She is in the process of obtaining her IBCLC. Outside of medicine, Sabrina's hobbies include

Summer 2018

group fitness classes, traveling, and exploring new eateries.



**Treasurer,
Beth
Buchholtz**

Beth has been an IBC member since 2012 and IBC

Treasurer since 2015. She lives on a farm near Williamsburg, Iowa with her husband. Together, they have 6 children, 3 grandchildren, and a menagerie of animals. She is a Registered Nurse and an International Board Certified Lactation Consultant. She works at Mercy Hospital in Iowa City as well as she does home visits through her own private practice, Naturally Nourished Lactation Services. Beth loves supporting moms and babies during their breastfeeding journey.



**Membership,
LeeAnn
Albright**

LeeAnn is an IBCLC and a Family Nurse Practitioner. She has 4

children (1, 4, 6, and 8 years old) and they keep her very busy! She loves serving breastfeeding/chestfeeding families and babies. She hopes that her family practice work will provide a space for families to feel supported in their journey through parenthood.



**Website
Administrator,
Marieta
Boberg**

Marieta has been a valuable member of the IBC since 2009. She previously served on the Board as Treasurer from 2011

– 2015 and has been the Website Administrator since 2015. She is a Registered Dietitian and International Board Certified Lactation Consultant. She works for the WIC program as a Breastfeeding Peer Counselor Coordinator in Polk and Dallas counties. She also helps organize the annual Iowa Breastfeeding Conference each year. Marieta lives in Des Moines, Iowa with her husband and their 1 year old daughter, Emmalyn. She is a foodie who loves to travel and cook!



**Board Liaison,
Nicole
Newman**

Nicole Newman is a dietitian and Certified Lactation Counselor. She works at the

Iowa Department of Public Health as the State WIC Breastfeeding Coordinator. She is involved with the annual Iowa Breastfeeding Conference, The Iowa Breastfeeding Coalition, and supporting WIC agencies across the state for breastfeeding support, breastfeeding education and technical assistance. Nicole previously worked as a dietitian in the WIC clinic and as a clinical dietitian. In her free time, she enjoys spending time with her husband and three children (3, 5, and 7) at the lake.

Newsletter Spotlight!

The IBC would like to highlight individuals that stand out in the breastfeeding community as leaders or those worthy of recognition. If you know of someone that you would like to nominate for this, please e-mail their name, why you're nominating them, and their photo to Jocelyn Cole at JocelynCole17@gmail.com



Kyla Jackson, RN, CLC

Kyla lives in Downing, MO with her husband and their four children- Naomi (4), Meredith (2), and 3mo. old twins, Rowen and Vivian. With a lot of patience, hard work, and dedication, she has had a very successful breastfeeding journey with all four of her children. Kyla has been an RN for 5 years and a CLC for 3 years. She works at Mercy Medical Center in Centerville, Iowa. She helped establish a Breastfeeding Support Group at their facility that meets monthly and has been very successful in helping mothers in the community. "I feel like my personal breastfeeding experiences have helped tremendously in my work. I nursed Naomi through my pregnancy with Meredith. Once Meredith was born I continued to tandem nurse until Naomi was 2.5 years old. Then in March, I delivered the twins and have exclusively nursed them for the last three months which I am extremely proud of! Two babies at once was definitely a change of pace compared to one but now that we've got tandem nursing down, it's been smooth sailing." Kyla is not only an excellent mother, but an excellent resource for her hospital and community.

Family Friendly Business
<http://www.iabreastfeeding.org/family-friendly-business/>



The goal of the Family Friendly Business project is to identify businesses in the community that are supportive of breastfeeding families and provide a welcoming environment for nursing mothers. These businesses can be identified by the FFB logo in their window, as well as they can be found on the Family Friendly Business Facebook page.

LatchME App

<http://www.latchmd.com/latchMEapp.html/>

Download the LatchME app on your phone today! This app gives you the ability to connect with Lactation Consultants near you, find Family Friendly Businesses in your area, share breastfeeding friendly locations, watch breastfeeding support videos, read about feeding tips, and much more.

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.

Breastfeeding Education for Iowa Communities has been recently revised by several IBC Board Members—don't miss the next opportunity to attend

this training in Des Moines, Iowa on October 8th!

Upcoming Breastfeeding Events and Educational Opportunities

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

- CLC Training Course in Mankato, MN—July 30 – August 3, 2018
<http://www.healthychildren.c/education.htm#Degrees>
- CLC Training Course in Maryville, IL—August 20 – 24, 2018
<http://www.healthychildren.c/education.htm#Degrees>
- CLC Training Course in Springfield, IL—September 10 – 14, 2018
<http://www.healthychildren.c/education.htm#Degrees>
- Certified Lactation Specialist Training Chicago, IL—September 17 – 21, 2018
www.lactationeducationconsultants.com
- Breastfeeding Education for Iowa Communities in Des Moines, IA—October 8, 2018
- CLC Training Course in Naperville, IL—October 15 – 19, 2018
<http://www.healthychildren.c/education.htm#Degrees>
- Basking Babies Fall Conference in Des Moines, IA—November 5, 2018
<http://www.basking-babies.com/>
- CLC Training Course Champaign, IL—November 5 – 9, 2018
<http://www.healthychildren.c/education.htm#Degrees>
- CLC Training Course in Madison, WI—November 12 – 16, 2018
<http://www.healthychildren.c/education.htm#Degrees>

- Certified Lactation Specialist Course in Des Moines, IA—April 1 – 5, 2018
- 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!

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.

Iowa Breastfeeding Coalition Online Store

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

The Iowa Breastfeeding Coalition sold a record amount during the May Conference totaling \$1,665! We're selling 2018 and 2019 calendars, t-shirts, sweatshirts, keychains, and memberships online. We need your help! E-mail us with your thoughts on where to spend the proceeds to promote breastfeeding throughout our state!