

Newsletter - May 2021

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

Follow Us!

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LETTER FROM THE CHAIR

Hello and Welcome to our Spring Newsletter!

What a wonderful time of year to support the new growth of a family! It's spring and the flowers are coming out... the trees are popping and there's a new feeling in the air, a feeling of hope and change. We have such a wonderful opportunity to serve our communities in so many ways.

In all of the capacities that we serve, we have a common theme in our work and that is to support breastfeeding families. As we do this, I would like to remind all of us to take a moment and reflect on how we can also support each other as breastfeeding advocates.

Our work is vital, and the importance is reflected in every mother and baby's face that we serve!

This is going to be a great membership meeting! Looking forward to seeing you soon!



Read more about baby Kiara on page 2.

Join Zoom Meeting
HERE

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

Meeting ID: 896 51513831
Passcode: 679410

FUTURE MEETINGS

May 6th, 2021

August 5th, 2021

November 4th, 2021

All meetings are between 12-1pm MST

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

Baby Kiara: "I am a first time mom to this beautiful little girl, Kiara. As a first time mom I looked at many parenting classes and learned many helpful things. I knew from the start that I wanted to breastfeed for at least a year. Being that she is my first baby, I had no idea what to expect or how to even begin the breastfeeding process. When Kiara was born, the nurses were very helpful and I felt like I had things pretty well under control when it came to breastfeeding. But as soon as I got home, my confidence changed, I was struggling to get Kiara to latch. Luckily, I had set up a consultation with a lactation specialist, before Kiara was born, to come to my house see how things were going. She showed up the day after we left the hospital, and I'm so extremely grateful she did. She showed me how to get Kiara to latch again and showed me multiple positions to make breastfeeding comfortable. She recommended supplements to boost my supply. After her visit my confidence was restored and Kiara was feeding like a champ! Eight months later, my little love is still breastfeeding and doing extremely well. It's my favorite bonding time with her. Kiara is the happiest, most smiley baby I have ever known. Without the help and support, who knows where I'd be."

Learning Together

JOIN THE
MEMBERSHIP MEETING
TO LISTEN IN

FREE TO FEED DR. TRILLITYE PAULLIN



My name is Dr. Trill, I'm a Molecular Biologist and mother of 2. When our oldest was born we were elated and so deeply in love. But life with her was hard. She cried all of the time. All through the night, all through the day. We were told it was colic and normal. Then at three weeks old we got up one morning to find her covered in a rash from head to toe with severe rectal bleeding. I have never been more terrified.

After being admitted to the hospital, the doctors told us that my breastmilk was killing my baby. Now I was terrified AND heartbroken. June was placed on a 24 hour "starvation diet" and then given a hypoallergenic formula that we would later discover was \$50 a can. I pumped during this time because I didn't know what else to do. It was misery pumping bottle upon bottle of baby "poison" while sitting on the hospital floor.

I asked if I could make breastmilk that wouldn't hurt her. I got a hesitant yes, but that I would have to remove a bulk of my current diet. While that was incredibly daunting, desperation and necessity took over. I was told that it would take 2 weeks for all of the allergens to clear my breastmilk. So I pumped like a madwoman and hoped that June would still want to nurse after 2 weeks of formula.

Since my year of breastfeeding June allergen free, and then doing so again for her food intolerant sister Rose, I have learned so much. Most importantly, that it does not take two weeks for allergens to leave mother's breastmilk and that mothers can continue their breastfeeding journey through food intolerance. I am determined to spread the word and to develop research & products that will empower parents with food sensitive infants. Today I'm conducting breastmilk and food protein research studies, offer consults and courses, and have the long-term goal of creating a breastmilk allergen test strip. This is my why, Free to Feed is my how.

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



THE ANNUAL

Breastfeeding Summit **IS BACK!**

Join us June 24th and 25th for the 2021 Idaho Breastfeeding Summit!
We will have **in-person** and **virtual** options available! With amazing
keynote speakers!

In-person Location: JUMP in Boise, Idaho

Cost: \$150 for both days

Click [HERE](#) to register and learn more!

For hotel information click [HERE](#).

A live summit event will be held alongside a live virtual event on Zoom. The in
number of in-person attendees is based on guidance given by the city and health
district and is limited.

In-person tickets are first-come, first-served.

The live virtual event information will be emailed to registered attendees before
the date of the event. If you choose to watch the recorded Zoom presentations you
must purchase the virtual option before the last day to register!

We'll hear from:

DIANE SPATZ, PHD, RN-BC, FAAN

KATHLEEN KENDALL-TACKETT, PHD, IBCLC, FAPA

IDAHO DEPARTMENT OF HEALTH AND WELFARE

TRISTA KOVACH, LCPC

KYNDAL MAY, MFA, LMP, ADV CD/BDT(DONA), FACCE

**PATTIE HENNEQUIN, RN, BSN, IBCLC AND ANNA WINNETT, ISU
DIETETIC INTERN**

LYNNELLE KING, BS, IBCLC, CD (DONA), CHAIR OF THE IBC

Continuing Education Credits :

NAVIGATING BREASTFEEDING AT WORK: EMILY'S STORY

By Emily Sarver

When I first had my daughter, Caroline, I knew that I would face many challenges and demands as a working mama — especially with the desire I had to continue our breastfeeding relationship after I returned to work. I committed to doing my very best for her. My goal was for us to make it a year, with the agreement that I would be honest with myself if the demands were too great and I felt I couldn't continue.

I took pumping as seriously as any other work project. I researched the best pump for work, read up on breastmilk storage, and did several “dress rehearsals” while I was still on leave so that I knew how to use the pump and could build up a little milk stash. I communicated to my boss about needing breaks to pump during the day and stuck stubbornly to my calendar blocks (which I scheduled before my first day back).

While pumping is not at all glamorous and made huge demands on me physically and mentally, I found the payoff of being able to breastfeed my sweet baby to be completely worth it. I made a strict rule for myself that when I got home from work each day, my time spent in her nursery was time for just us to nurse, snuggle and be together, with my phone in the other room. This was our nightly ritual, and I am so grateful for that time we spent uninterrupted. I lived for the weekends, when we could nurse and snuggle throughout the whole day.

I could tell stories about the strange places I've pumped, everything from a conference in Las Vegas airport to overseas in the Philippines, where I sadly burnt out the motor on my electric pump from the wrong voltage electrical outlet. My guiding principles: researching and having a solid game plan in advance of wherever I was going. Deciding in advance if (and how) I was going to try to save the milk pumped in transit (lots of creative solutions out there for this) or choosing to leave it behind. Also, always having a backup plan — I had a handheld manual pump that was a lifesaver more times than I can count! And if worse came to absolute worse, choosing to self-express (not fun, but it works).

As to my promise to be honest with myself, I did end up supplementing with formula after around month seven. I could feel my supply dropping and we had started baby-led weaning (which was also so much fun!). Our weaning was gentle, going from eliminating all pumping sessions, to just morning and bedtime nursing, to just nursing before bed. When we said farewell to that sweet season shortly after Caroline's first birthday, it was with the knowledge and confidence that I had done my absolute best for her. It was so, so worth every moment.

A LETTER FROM THE IBC INTERN

Chrissy Buttersfield

For the last three months, I have had the privilege of volunteering as an intern for the Idaho Breastfeeding Coalition. This has helped me complete the most important portion of my Bachelor's degree in Public Health/Health Promotion. It has enabled me to put into action much of the knowledge that I gained while completing my undergraduate courses. Additionally, it has allowed me the opportunity to help promote the portion of the public health sector that I am most passionate about, which is breastfeeding.

As a mother of 4 kids, all of whom I had the privilege of breastfeeding, I was excited to create opportunities for more mothers to have positive and successful experiences with breastfeeding. This internship has been just that!

The main objectives of my internship were to help city officials, community leaders, and postpartum professionals throughout Idaho be made aware of the breastfeeding resources available through the Idaho Breastfeeding Coalition, to find and add additional resources, to promote the annual summit, and to promote the Breastfeeding Friendly Businesses project.

These objectives helped the Idaho Breastfeeding Coalition further their work in the "5 Focus Areas" of the coalition. This in turn helped the coalition achieve its overarching mission which is to "facilitate a community and statewide landscape that protects, supports and promotes breastfeeding as the biological norm for a healthier Idaho."

It is an honor to have participated in helping to move forward even a small portion of that mission. I know that as the coalition continues to roll forward these initiatives, little by little we will see that mission achieved to its fullest.



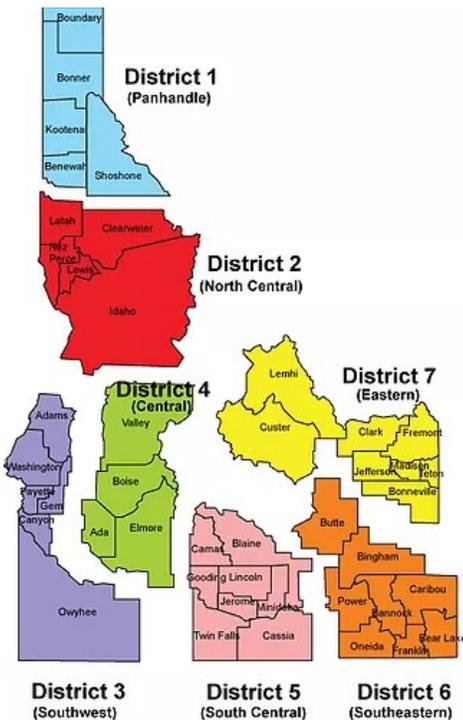
WORLD BREASTFEEDING WEEK

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 updates to come on how the IBC will be celebrating WBW.

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](#)

EXCLUSIVE OFFER FOR IBC MEMBERS!

Come together with over 4000 IBCLCs, Lactation Consultants, Physicians, Nurses, Midwives, Doulas, Dietitians, Speech Pathologists, Breastfeeding Volunteers, Academics, Students & more from 90 Countries for the signature event in breastfeeding education at GOLD Lactation Online Conference 2021.

IBC Exclusive Offer \$200 USD per person—\$225 after March 15th!

Contact Laura at laura@goldlearning.com to receive this special discount.

From March 29 - June 30, join 32 expert Speakers alongside a vibrant GOLD Community as we explore an amazing program of thought-provoking topics and speakers who will expand your knowledge and skills, combined with community and connection.

Read all about this year's speakers and topics:

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

Enjoy all the conveniences of online learning and accredited breastfeeding education as well as access to presentations for 12+ Weeks.



Be Inspired & Empowered by
32 Global Breastfeeding Experts

Economical, Accredited, Interactive & Fun!

[Join the Community](#)

GOLD
Lactation
Online Conference

DON'T FORGET TO STAY ABREAST...



USBC
U.S. Breastfeeding Committee

STAYING ABREAST
WEEKLY WIRE NEWSLETTER

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



DID YOU **have a baby in 2020?**

We want to learn about how the COVID-19 pandemic has changed infant feeding practices.

Please complete this [5-minute survey](#) by clicking the link or scanning the QR code.



DEPARTMENT OF NUTRITION AND DIETETICS

kirstenpfannmulle@isu.edu | isu.edu/dietetics
(208) 282-3591



**Idaho State
University**

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

Membership will be opening in June! Look for the link with your Summit Registration!

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

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