

**Newsletter for Health Professionals**

Iowa Breastfeeding Health

Developed for Health Professionals to Support Breastfeeding



Spring 2016

**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, Julie Cutler,

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* Co-Chair, Liz Neighbors, RN, BSN, IBCLC-RLC
* Secretary, LeeAnn Albright, RN, IBCLC, RLC
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Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Holly at:

[holly.szcodronski@idph.iowa.gov](mailto:holly.szcodronski@idph.iowa.gov)

**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 Holly. Please include your name, email and phone.

[holly.szcodronski@idph.iowa.gov](mailto:holly.szcodronski@idph.iowa.gov)

**ABM Protocol #4:**

**Mastitis**

<http://www.bfmed.org/Media/Files/Protocols/2014_Updated_Mastitis6.30.14.pdf>

Academy of Breastfeeding Medicine developed protocol on mastitis looks at predisposing factors before going on to discuss complications, management and prevention.

**The Association Between Common Labor Drugs and Suckling When Skin-to-Skin During the First Hour After Birth**

<http://onlinelibrary.wiley.com/doi/10.1111/birt.12186/full>

Study looks at intrapartum drugs and how they affect suckling during the first hour after birth.

**Mary Greeley Earns Baby Friendly Status**

<http://www.mgmc.org/about/news/2016/mary-greeley-is-largest-iowa-hospital-to-earn-baby-friendly/>

Mary Greeley in Ames becomes the second hospital in Iowa to earn Baby-Friendly recognition. The first hospital to earn the status was Regional Health Services of Howard County in Cresco who became Baby-Friendly in June 2014.

**Over-the- Counter Treatments for Cough and Cold**

<http://www.infantrisk.com/content/over-counter-treatments-cough-and-cold>

James Abbey, MD with the Infant Risk Center presents valuable information on OTC drugs to treat cold & cough, provide pain relief, and deal with allergies and how these products may affect the breastfeeding dyad.

**Migraine Headaches**

<http://www.infantrisk.com/content/migraine-headaches>

This is a comprehensive article looking at symptoms and treatment for migraines in general and then specifically for pregnant and breastfeeding women.

**Coalition Spotlight:**

**Cedar Valley Breastfeeding Coalition**

<http://iabreastfeeding.squarespace.com/cedar-valley-breastfeeding-coalition/>

The Cedar Valley Breastfeeding Coalition (CVBC) provides breastfeeding education to individuals and their support networks of family and friends who want to learn the art of breastfeeding. We passionately promote breastfeeding to not just clients and their support networks, but to coworkers, businesses and community organizations. Through the CVBC we coordinate the efforts of our diverse organizations and develop relationships that will highlight our passion of breastfeeding support. For example, each CVBC meeting has a standing agenda item during which organizations share the ways they are incorporating one of the components of *The Ten Steps to Successful Breastfeeding* by using the “6 Steps 4 Success-Iowa’s Breastfeeding Initiative” as our guide. At the most recent meeting organizations each shared their method of incorporating and educating clients on “skin to skin”.

The CVBC meets bi-monthly, with locations rotating amongst the member organizations - Unity Point Health- Allen Hospital Support Services, Covenant Medical Center Wheaton Franciscan Healthcare, Operation Threshold WIC, and University of Northern Iowa- Northeast Iowa Doulas. CVBC meetings are held the second Wednesday of the scheduled months and last about one hour.

**Note**: This article is an excerpt from the full article that appears on the IBC website. Learn how the coalition drew in over 200 families to celebrate World Breastfeeding Week 2015.

**2016 Iowa Breastfeeding Conference**

<https://www.unitypoint.org/desmoines/classes-and-events-details.aspx?id=69adda51-5cfb-44fe-834b-f4b7203ed9c3&typeid=0dedbd8a-a3ae-4ff2-934c-31f623c5f4e5>

The 27th annual Conference will take place on May 18-19 at the Airport Holiday Inn in Des Moines. Speakers this year will be Cathy Carothers and Lisa Marasco. Both speakers bring a wealth of practical breastfeeding information.

Sessions include:

* Recognizing When Things are Heading South**\***
* Pump It Up
* Making It Work
* High Five for Success
* Hormonal Imbalances and Insufficient Milk Supply
* Talking to Mothers About Alternative Therapies
* The Time is Right, Seize the Moment

**\***Attending this session on May 18th entitles you to a free one year membership to the Iowa Breastfeeding Coalition, if interested.

**Iowa Breastfeeding Coalition 2016 Meetings**

<http://iabreastfeeding.org>

The coalition meets 3 times a year. The January and September meetings are by webinar while the May meeting is a face to face meeting and kicks off the annual breastfeeding conference. Mark your calendars to attend on May 18th and September 14th. You do not need to be a coalition member to attend.

**2016 International Lactation Consultant Association Conference**

<http://www.ilca.org/learning/conference>

Save the Date to Attend. This is a great opportunity to attend the International Lactation Consultant (ILCA) conference since it will be in Chicago this year on

July 20-23.

**Join the Iowa Breastfeeding Coalition**

<http://iabreastfeeding.org>

Now is a great time to join the coalition. If you attend the Recognizing When Things are Heading South session on May 18th then you receive, if interested, a free one year membership to the Iowa Breastfeeding Coalition. The Coalition is a group made up of lactation consultants, dietitians, nurses, nurse practitioners, other health professionals, peer counselors, mothers and grandmothers who are interested in promoting and protecting the rights of breastfeeding women in Iowa.