

KBC UPDATE

Newsletter 02/07/2016
Volume 4, Issue 1

Kansas Breastfeeding Coalition, Inc.
www.ksbreastfeeding.org

Improving the health and well-being of Kansans by working collaboratively to promote, protect, and support breastfeeding.



Kansas
Breastfeeding
Coalition, Inc.



COURTESY ISSUE

FEBRUARY 2016

INSIDE THIS ISSUE

Breastfeeding Friendly Practice Designation	2
KBC Meeting Notice, Self Assessment Tool	2
Breastfeeding 101	3
Impact Funding Grant Recipients	4-5
2016 La Leche League Conference	6
Prenatal Breastfeeding Class Curriculum	7
KBC Program Updates	8-13
Webinars & Resources	14

The KBC Update is produced bi-monthly for members of the Kansas Breastfeeding Coalition. Each issue features program updates, community achievements and opportunities.

You are invited to join the Kansas Breastfeeding Coalition by visiting www.ksbreastfeeding.org/join. The annual membership fee of \$10 includes a subscription to the **KBC Update**.

Be part of the KBC as we improve health and well-being of Kansans by working collaboratively to promote, protect and support breastfeeding.

NEW: Kansas Breastfeeding Friendly Physicians Practice Designation

The Kansas Chapter of the American Academy of Pediatrics (KAAP) in collaboration with the Kansas Breastfeeding Coalition has created the Kansas Breastfeeding Friendly Physicians Practice Designation that can be earned by physician practices in Kansas. Medical providers who care for mothers and babies are in a position to offer support and encouragement that can lead to successful breastfeeding. Created to increase exclusive breastfeeding rates at six months of age and beyond in Kansas, this initiative will help practices create policy and environmental changes that will support breastfeeding mothers.

Participating practices can earn up to a 5-star designation, one star for each of the Breastfeeding Friendly Physicians Practice criteria:

- A breastfeeding friendly office environment
- Education for both staff and parents
- Policies and procedures that promote breastfeeding
- Community connections and breastfeeding resources
- On-site individualized breastfeeding support

A physician trainer will give an on-site training – **FREE CME** and lunch included for the practice – based on the Breastfeeding Friendly Physicians Practice criteria to each participating practice. Practices will receive a tool kit including a window cling, poster, parent handouts, and electronic resources on a portable drive. This will be a great opportunity for local breastfeeding coalitions to introduce physicians to local breastfeeding support.

Visit the KAAP website for more information on how to participate <http://www.kansasaap.org/wordpress/chapter-focus/breastfeeding/>

Please Join Us at the Next KBC Meeting

Friday February 12, 2016

11:00am – 1:30pm

Wesley Medical Center
Intrust Room E
550 N Hillside
Wichita, KS 67214

To join by conference call, dial 1-866-620-7326 and when prompted enter PIN 976-312-8812#.

Interact and participate online: <https://todaysmeet.com/KBCFeb2016Meeting>

NOW AVAILABLE: KBC's Breastfeeding Friendly Self-Assessment Tool

The purpose of the tool is to help organizations/agencies assess the degree to which they support breastfeeding families.

Who should complete this tool?

- Organizations, agencies or businesses who serve families, such as but not limited to hospitals, health departments, physicians' practices, Parents as Teachers, Infant Toddler Services, etc.
- Those participating in breastfeeding and/or perinatal coalitions.

Download the tool and
get complete information at:

<http://ksbreastfeeding.org/tools-for-coalitions/>

KBC Mission: To improve the health and well-being of Kansans by working collaboratively to promote, protect and support breastfeeding.

KBC Vision: Breastfeeding is normal and supported throughout Kansas.



FREE On-site Breastfeeding Education Coming Near You!

Everyone interested in helping mothers and babies is welcome to attend a FREE “Breastfeeding 101” training. This would include but is not limited to staff at hospitals, physician offices and health departments as well as Parents as Teachers, La Leche League Leaders and child care providers.

The training will cover breastfeeding basics through the first year of life, positioning and latch assessment and strategies for reducing formula supplementation. FREE CEUs will be provided for RNs, RDs, and IBCLCs. The training will be presented by Brenda Bandy, IBCLC. This project is in partnership with KDHE, Nutrition and WIC Services.

FREE “Breastfeeding 101” trainings will be held in the following communities. To register to attend, please contact the person listed below. ***Register soon as space is limited and many locations are near capacity.***

Community	Date	Breastfeeding 101 Training Sites	Contact Person (RSVP)
Kansas City	February 11, 2016	KU Edwards Campus, Regnier Auditorium 12610 Quivira Road Overland Park, KS 66213.	Paul Cesare pcesare@mhc.net
Hutchinson	Feb. 17, 2016	TBD	Heather Peterson heather.peterson@renogov.org
Garden City	March 31, 2016 10:00 am – 3:30 pm	St. Catherine Hospital 401 E. Spruce St. Classroom B Garden City, KS 67846	Janet Colson M.JanetColson@centura.org
Pittsburg	April 22, 2016 10:00 am – 3:30 pm	Via Christi Hospital 1Mt. Carmel Way, Pittsburg, Kansas 66762 Room: DePaul Hall	Diane VanBecelaere dvanbecelaere@crawfordcohd.org
Topeka	May 6, 2016 7:30 am – 12:00 pm	Pozez Education Center, Stormont Vail 1505 SW 8th Ave, Topeka, KS 66606	Lori Peltier lpeltier@stormontvail.org
Dodge City	August 26, 2016 10:00 am – 3:30 pm	Ford County Government Center, Rose Room 100 Gunsmoke, Dodge City, KS 67801.	Christi Taylor ctaylor@fordcounty.net

Impact Funding Grants support breastfeeding in Kansas communities

Through donor contributions of \$19,650 and matching dollars from the United Methodist Health Ministry Fund, a total of \$42,850 in grants has been awarded to support projects to increase initiation and duration of breastfeeding in communities across Kansas. 2015 was the second year of Impact Funding, where members contribute funds to join the team and have their donations matched by the Health Fund to increase impact.



Members are invited to participate in meetings to develop a Request for Proposals guiding the grant application process, and to evaluate and decide which received proposals to fund with the available dollars. The input of the diverse team, including several knowledgeable breastfeeding advocates, was crucial to the funding decision process. The 2015 Impact Funding Team received 25 proposals for breastfeeding grants and selected 15 of those projects to receive funding.

Impact Funding is a program of the United Methodist Health Ministry Fund designed to engage donors in participatory philanthropy and to leverage their contributions with matching funds and no overhead expenses.

Since its founding in 1986, the Hutchinson-based Health Fund has invested more than \$65 million in work to improve health, healing and wholeness in Kansas. More information about the Fund's initiatives may be found at healthfund.org.

Grants awarded in the 2015 cycle will support:

- Establishment of a breastfeeding clinic at Memorial Health System in **Abilene** and implementation of new and improved breastfeeding support programs at the hospital.
- Creation of a mini breastfeeding clinic within the **Butler County** Health Department, open to all pregnant women and mothers in the county. Services will include breastfeeding education, support with breastfeeding difficulties, infant weight checks, and preparation for continuing breastfeeding after returning to work, among other supports.
- A presentation by Sherry Payne, national expert on culturally appropriate lactation counseling, at **Kansas La Leche League's** 2016 Annual Breastfeeding Education Conference and LLL Leader Education Day.
- Enhancement of a breastfeeding support group and improvements to a breastfeeding support room at the **Wyandotte County** WIC program.

- “On the Go Breastfeeding” program to support moms and babies in **Cowley County** by providing breastfeeding resources at community events and to help community organizers designate breastfeeding accommodations at events where seating and shelter are limited.
- Use of the Influence Model developed by David Maxfield to encourage **Lyon, Chase, and Coffey** county mothers participating in WIC and Becoming a Mom to consider exclusive breastfeeding, understand the benefits, and to have access to counseling with an International Board Certified Lactation Consultant (IBCLC).
- Hiring of a Community Breastfeeding Liaison through the **Saline County** Breastfeeding Coalition. The Liaison will serve as a breastfeeding resource and educator to area medical facilities, improving the consistency and quality of information available to breastfeeding families.
- Provision of educational information about the benefits and management of breastfeeding to pregnant women through the **Bourbon County** Health Department. Breastfeeding counseling and support will also be provided to pregnant women through home visits, telephone support, and support at numerous sites throughout the county.
- Efforts to help **Cheyenne County** mothers initiate and maintain breastfeeding, with special attention to supporting mothers after discharge from the hospital. The program includes mother-to-mother support and a monthly mother-led breastfeeding support group.
- Implementation of the “Breastfeeding Welcome Here” model to provide education to area agencies and businesses on the importance of having a secure breastfeeding area, and to increase the positive image of breastfeeding as part of everyday living in **Harvey County**.
- Efforts by the **Kansas Breastfeeding Coalition** to increase the number of local breastfeeding coalitions across Kansas and to build capacity and leadership in all local breastfeeding coalitions through better access to information, assistance, and resources.
- Addition of a breast pump program providing breast pumps, pump education and pump support to postpartum and breastfeeding clients of the MOM Clinic at SWB Family Health Care in **Wyandotte County** and surrounding KC areas.
- Upgrades to a lactation room at **Rooks County** Health Center to provide additional capacity for outpatient and employee lactation and to enable lactation consultation through telemedicine/televideo for clients living at greater distances from the hospital.
- A partnership between **Wichita**-based *It Takes a Village*, Stork’s Nest, and the Urban Preparatory Academy to provide education and support to pregnant/parenting families to improve birth outcomes, focusing particularly on African-American women. Volunteer minority health professionals and peer mentors from the community will staff the project.
- A project to provide education and resources equipping new parents in **Beloit, Concordia, Osborne, and Smith Center** with confidence to initiate and continue breastfeeding. The project will include the availability of breast pumps for loan, resources for use in educational settings and individual support, and improved communication and contact with mothers-to-be and new moms. Clients from **Jewell, Republic, and Washington** counties will also be served by the project.





BREASTFEEDING 2016: Hands-On Management Practices

SAVE THE DATE!
March 4, 2016



BREASTFEEDING 2016:
Hands-On Management Practices
Friday, March 4, 2016




REGISTRATION OPENS
December 1, 2015
Visit KansasLLL.org



A Breastfeeding Continuing Education Program Featuring
Jane Morton, MD, FAAP, FABM & Sherry Payne, MSN, RN, CNE, IBCLC
The Meridian Conference Center - 1420 E Broadway Ct, Newton, KS

Don't miss this dynamic program that will focus on hands-on management practices in the prevention of breastfeeding problems with simple, but critical steps from the first day, no matter what the challenges may be. Dr. Morton's compassion and wisdom have helped train countless clinicians to provide the expertise and gentle care each mother deserves. She will present:

- ▶ Game-changing Research about Breastmilk Expression, Early Hand Expression and Hands-on Pumping
- ▶ Bedside Care for Low- and High-Risk Infants, Revising the Game Plan
- ▶ Beyond Baby Friendly, Thinking Out of the Box

Sherry Payne is Executive Director of Uzzal Village, a nonprofit organization devoted to improving perinatal health outcomes in the urban core of Kansas City. Known nationwide for her expertise about perinatal health disparities, infant mortality, and lactation professions, she will present:

- ▶ What You Don't Know Hurts Us: The Impact of Racism and White Privilege on Breastfeeding in the African-American Community



- ▶ Registration Fee: \$99 (after 02/19/16 add \$25)
- ▶ Continental breakfast and lunch buffet will be provided
- ▶ Continuing education credits have been applied for through the KS State Board of Nursing, KS Department for Aging and Disability Services and International Board of Lactation Consultant Examiners
- ▶ Mother's Lounge will be available; babies in arms are welcome
- ▶ Presented by La Leche League of Kansas
- ▶ Question? Contact Brenda at 785-477-4666 or bandy@kansas.net

La Leche League of Kansas Inc.
2700 Jester Creek Rd
Sedgewick KS 67155-7011

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FREE Prenatal Breastfeeding Class Curriculum



The Kansas Breastfeeding Coalition, in partnership with Kansas Department of Health and Environment (KDHE) Bureau of Family Health (Title V Maternal and Child Health Services Program) has created a FREE two (2) hour breastfeeding for parents.

The high-quality, highly visual, infant feeding class is available for **FREE to anyone in Kansas** and can be integrated into health departments, hospitals or community-based prenatal education classes. It is an evidence-based curriculum designed to educate families in a prenatal class setting about safe and optimal infant feeding and aligns with WIC, *High 5 for Mom and Baby*, and Baby-Friendly Hospital Initiative messages and education related to breastfeeding.



Prenatal Breastfeeding Class Content:

- Establishing and maintaining sufficient and safe breast milk supply
- Breast anatomy and physiology
- Maternal diet and lifestyle choices (substance and alcohol)
- Prescription and nonprescription medications
- Infant stomach capacity
- Baby behavior feeding cues
- Breastmilk expression, both hand and pump
- Safe handling and storage of breastmilk
- Returning to work
- Safe preparation of infant formula
- Biologically appropriate bottle feeding (quantity and technique)
- Local community breastfeeding resources

To access the class curriculum, including a PowerPoint presentation, speaker notes and class handouts, please submit a request to Brenda Bandy at bandy@kansas.net with the following:

- Organization who will be responsible for teaching the class, including location
- Name(s) and credentials of individuals who will be teaching the class
- Schedule of class offerings for 2016 to include dates, times and locations
- Estimation of the number of families who will take the class in annually
- The following statement: “[*Insert name of organization*] agrees to use the KBC’s breastfeeding class curriculum in its entirety without modifications.”



High 5 for Mom and Baby
Gwen Whittit, RN, IBCLC, Program Coordinator

High 5 for Mom & Baby will be very busy in the next few months. We received 6 more applications before our December 31st deadline! We have already begun education classes at these hospitals and will continue over the next few months. If you are in the community of these hospitals, contact them about attending the free two hour education class.

The "High 5" Practices for Kansas Hospitals

- 1 - Assure immediate and sustained skin-to-skin contact between mother and baby after birth.
- 2- Give newborn infants no food or drink other than breast milk, unless medically indicated.
- 3- Practice “rooming in” -- allow mothers and infants to remain together 24 hours a day.
- 4- Give no pacifiers or artificial nipples to breastfeeding infants.
- 5 - Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge.

High 5 for Mom & Baby is an initiative supported by the United Methodist Health Ministry Fund.



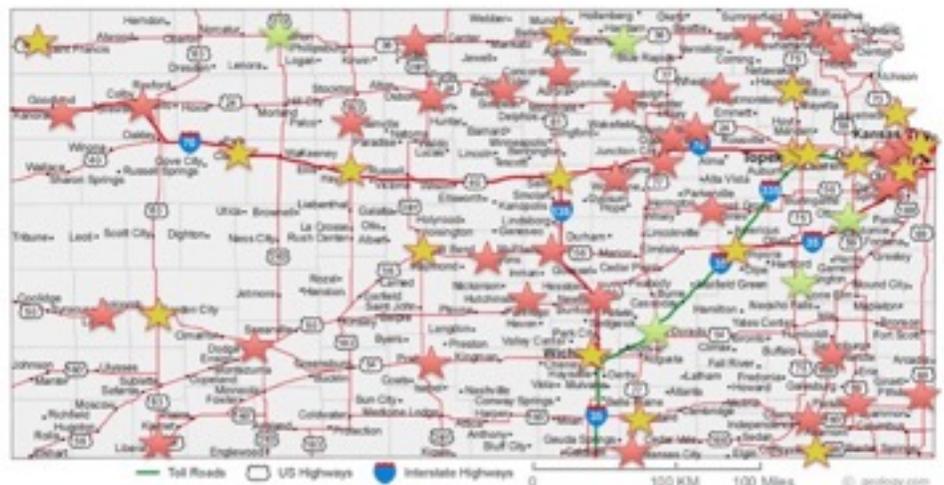
- February 19 - Ransom Memorial Hospital, Ottawa
- February 23 - Coffey County Hospital, Burlington
- March 3 - Mercy Hospital, Moundridge
- March 3 - Susan B. Allen Memorial Hospital, El Dorado
- March 29 - Washington County Hospital, Washington
- April 22 - Norton County Hospital, Norton

High 5 for Mom & Baby now has 58 of the 69 maternity care hospitals in Kansas enrolled in our program. In the fall, we will begin some further education on a regional basis and we are continuing to do our monthly webinars. I want to give a huge Thank You to all of the breastfeeding supporters across the state who have worked with their hospitals to implement High 5 for Mom & Baby!

For more information: www.high5kansas.org 316.648.5106
coordinator@high5kansas.org



Green: Scheduled for High 5 Education
 Red: High 5 Education is completed
 Yellow: High 5 Recognized Hospital





Breastfeeding Welcome Here

Julie Fields, IBCLC, BWH Program Manager

The Breastfeeding Welcome Here Campaign seeks to normalize breastfeeding in public in Kansas. Businesses and organizations are being invited to openly welcome breastfeeding within their establishments. 37 new businesses have joined for a total of 372 existing partners participating in the campaign.

Want to learn more? Visit <http://ksbreastfeeding.org/cause/breastfeeding-welcome-here/>

KBC's Online

Local Resource Directory

Julie Fields, IBCLC, Program Manager

What local resources are in your community? Julie Fields is responsible for adding and maintaining a list of breastfeeding support resources in Kansas. Please review the current list at <http://ksbreastfeeding.org/local-resources/> and send additions of local breastfeeding support resources (those providing direct breastfeeding support to families) to juliefieldslc@gmail.com



Kansas
Breastfeeding
Coalition, Inc.

local resources

Subscribe to the Weekly Wednesday Wire

Subscribe to US Breastfeeding Committee's e-Newsletter, *Staying Abreast*. The weekly news brief format, called the *Weekly Wednesday Wire*, can be delivered to your inbox:

http://org2.salsalabs.com/o/5162/signup_page/sign-up



United States Breastfeeding
COMMITTEE
PROTECTING • PROMOTING • SUPPORTING

Communities Supporting Breastfeeding (CSB) Designation

By Brenda Bandy, IBCLC, Program Director

December 1, 2015 - January 31, 2016

The following communities are busy at work to achieve the CSB designation by June 30, 2016 with the help of the KBC:

- Abilene
- Emporia
- Garden City
- Gove County
- Wichita

All communities in Kansas are eligible for the “Communities Supporting Breastfeeding” designation. The [application](#) for the CSB designation is available on the KBC website. Please contact Brenda Bandy at bandy@kansas.net if you have questions regarding the criteria or application.



“A Community Supporting Breastfeeding” Designation Criteria

- A local breastfeeding coalition
- Peer support group(s) such as La Leche League or similar mother-to-mother group
- A least one community hospital enrolled in [High 5 for Mom & Baby](#) or [Baby Friendly Hospital USA](#)
- 1 business for every 1000 community citizens* or 25 (whichever is lesser) participate in the “[Breastfeeding Welcome Here](#)” program
- 1 business for every 5000 community citizens or 10 (whichever is lesser) receive a “[Breastfeeding Employee Support Award](#)” from Kansas Business Case for Breastfeeding
- A minimum of 20 child care providers in the community** completing the KBC’s How to Support the Breastfeeding Mother and Family course as provided by [Kansas Child Care Training Opportunities](#), Child Care Aware © of Kansas or KBC staff.

*Number of citizens in the city as defined by most recent census

** County-level data will be used when the city population is less than 20,000

WHAT’S HAPPENING IN YOUR COMMUNITY?

We want to highlight your success! Please send photos, success stories or other testimonies to ksbreastfeeding@gmail.com. Submissions may be used on our website, Facebook or included in the KBC Update.

Facebook:

[Kansas Breastfeeding Coalition](#)

Website:

www.ksbreastfeeding.org

The BUSINESS CASE for BREASTFEEDING

STEPS FOR CREATING A BREASTFEEDING FRIENDLY WORKSITE

In cooperation with Kansas Breastfeeding Coalition, Inc.

Business Case for Breastfeeding

Dec. 1, 2015 – Jan. 31, 2016

Brenda Bandy, IBCLC, Program Director

Checkout the **NEW [referral form](#)** for breastfeeding employees in need of help. This form is intended for use after consulting with local breastfeeding support resources to find a satisfactory solution to accommodate the breastfeeding employee's need for milk expression in the workplace.

Other actions you can take to improve workplace support for breastfeeding employees:

- View and/or share this 30-minute [webinar](#) for employers explaining the federal law the basics for workplace lactation support. Presented by Brenda Bandy for WorkWell KS.
- Invite employer(s) who are supportive of their breastfeeding employees to apply for the *Breastfeeding Employee Support Award!* [Download sample letter](#) to send to employers.
- Arrange for a presentation to local businesses or professional groups. The Business Case for Breastfeeding one-hour

Congratulations to the latest Breastfeeding Employee Support Award Winners:

GOLD:

- Child Start, Inc. (Wichita)
- Medical Service Bureau (Wichita)
- KBI Forensic Science Center (Topeka)
- Kiowa County
- Wichita State University South
- Harper County Health Dept.

SILVER:

- Comanche County Health Department

presentation has been pre-approved for one-hour credit by the HR Certification Institute, the certifying association of human resource professionals.

- Chamber of Commerce
- Society for Human Resource Management (SHRM) Chapter
- Worksite Wellness (WorkingWell KS) group
- Young Professionals (YP)

Questions? Contact Brenda Bandy at bandy@kansasbusinesscase.com or (785) 477-4666

Child Care Provider Education

Dec. 1, 2015 – Jan. 31, 2016

By Brenda Bandy, IBCLC, Program Director

1,467 child care providers educated to date!!

Great news!! The online course “How to Support the Breastfeeding Mother & Family” will continue to be offered each month for **FREE through 2016!!** Tell child care providers, county licensing surveyors and centers about this on-line course through Kansas Child Care Training Opportunities (KCCTO). The course is approved by KDHE for two clock hours. They can register [HERE](#) for the upcoming month’s course.



Exciting new designation for providers! Child Care Aware® of Kansas in partnership with the KBC has created a NEW “Breastfeeding Friendly Child Care” provider designation to recognize child care providers in Kansas that provide support to breastfeeding families and employees through the Breastfeeding Friendly Child Care Designation. To receive the designation, child care providers must meet five criteria that demonstrate a culture of breastfeeding support. Programs receiving the Breastfeeding Friendly Child Care Designation will receive a certificate, a window cling and be recognized in the Provider Profile information that is distributed through the Child Care Aware® of Kansas Referral Center to families looking for child care.

Child Care Aware® of Kansas is rolling this out in stages. The first stage is to make it available to all *current Child Care Aware® of Kansas project participants*. After we work out any needed changes to the process, it will then be available statewide and information will be posted on the Child Care Aware® of Kansas website, which should be **soon**.

Welcome to Vanessa Flood, new KBC staff who will serve as the trainer for the KBC’s online course with KCCTO. Vanessa is a WIC Breastfeeding Peer Counselor, IBCLC and doula in the KC area. She brings her passion for teaching and supporting breastfeeding to this role with the KBC. Welcome to the KBC team Vanessa! *Pictured at right: Vanessa and her family cheering for the Royals!*



Oral Health and Breastfeeding Fact Sheet Now Available

Oral Health Kansas consulted with the Kansas Breastfeeding Coalition to create a Fast Fact Sheet for parents.

The fact sheet focuses on Breastfeeding and Healthy Teeth and is available in English and Spanish.

For more information, visit Oral Health Kansas at www.oralhealthkansas.org.



Safe Handling of Breast Milk

Since breastfeeding mothers cannot always breastfeed their baby directly, it is important for nursing mothers and caretakers to use safe handling and storage practices of expressed breast milk. These resources were prepared by Londa Nwadike, Ph.D., Kansas State University/ University of Missouri Extension Food Safety Specialist.

Food Safety in Pregnancy -
[English](#) [Spanish](#)
Using Breast Milk Safely -
[English](#) [Spanish](#)



Photo credit: By ParentingPatch (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons

BI-MONTHLY STATE BREASTFEEDING COALITIONS WEBINARS

Second Tuesday of Even Numbered Months: February - April - June - August - October -December

1:00 - 2:00 PM CST

The CDC Division of Nutrition and Physical Activity and the United States Breastfeeding Committee co-host this series of Bi-Monthly State Breastfeeding Coalitions Webinars, held every two months (in even numbered months) on the second Tuesday of the month from 1-2 p.m. They bring together state/territorial/tribal breastfeeding coalitions to share best practices and news and to network and collaborate on issues of national significance.

Registration, details and session materials as well as archives of past sessions can be found at www.usbreastfeeding.org/coalitions-webinars.