



Capacity Grant to help promote, protect and support breastfeeding

The Kansas Health Foundation has awarded a “Capacity Grant” to the Kansas Breastfeeding Coalition (KBC). The Kansas Health Foundation is a philanthropy dedicated to improving the health of all Kansans. For more information about the Kansas Health Foundation, visit www.kansashealth.org.

The capacity grant will fund the KBC to work with Wichita State University’s Community Engagement Institute (CEI) to create a visionary, five-year strategic plan informed by input from experts and stakeholders in the Kansas breastfeeding field. CEI will also help the KBC develop a leadership transition and succession plan. In addition, the KBC will have a full financial audit conducted in early 2018.

The strategic planning process will include KBC members and stakeholders. It is designed to look at goals and strategies for service opportunities, respond to and lead change in eliminating health disparities, and promote continued service innovation to increase health equity.

An online survey will go out to KBC members this summer. If you are not already a member of the KBC, please [join now](#) so your voice can be heard. Together we can chart a course towards a culture of breastfeeding in Kansas to enable all families to breastfeed their babies and reach their breastfeeding goals.



One action can have a tremendous impact, even if it’s just planting a seed of an idea.

Throughout this issue, **look for action items listed in RED. Pick ONE (or two!) action items to do within the next 2 weeks.**

Hopefully together we’ve helped prepared the soil and given you the tools to be successful.

We would love to hear what you did! Please e-mail Brenda Bandy at bbandy@ksbreastfeeding.org or post to our Facebook page at:

<https://www.facebook.com/ksbreastfeeding/>

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.

CHECK OUT WHAT'S NEW!



NEW “Local Breastfeeding Resource” business cards

Connect families and those supporting them to local breastfeeding support through a QR code link to KBC’s online Local Resource Directory.

Simply enter a zip code on the webpage and a map is populated with breastfeeding support resources.

BUT the resource is only as good as the information YOU have provided to the KBC.

Please check the resources that appear in your area to verify accuracy and completeness.

The cards were originally developed by the KBC as part of the “Continuity of Care” project in 2014 for the Wichita community and have been revised for use by all communities in Kansas.

Contact Julie Fields,
juliefieldslc@gmail.com to make a correction or add a new resource.

The business cards are FREE. To order,
email Brenda Bandy at
bbandy@ksbreastfeeding.org.

Please Join Us at the Next KBC Meeting:

Friday, April 14, 2017
11:00am - 1:00 pm

William Newton Hospital’s
Physicians Pavilion
1230 E 6th, Winfield KS 67156

To join by Zoom video conference:

<https://ksu.zoom.us/j/442950257>

Or Telephone:

Dial: +1 646 558 8656 (US Toll)
Meeting ID: 442 950 257

- KBC Membership -

Thanks for joining for 2017

By joining the Kansas Breastfeeding Coalition, your investment demonstrates your interest in PROMOTING breastfeeding. We have numerous breastfeeding supporters but have more work as we continue to promote and protect families who want to breastfeed.

The KBC Membership year is February of the current year - February of the next year.

Encourage others to join the KBC by sharing this link: ksbreastfeeding.org/join/. For only \$10 members get up to date information about Kansas’ breastfeeding events and efforts. Members also receive e-mail notices of available grants, upcoming KBC meetings, meeting minutes (past minutes available by request) and the bi-monthly KBC Update. Members are also eligible to serve on the Board of Directors and vote at general KBC meetings. A strong membership also helps us as we request funds for various projects and initiatives.

Feeding Tips for Breastfed Babies

Handling Breast Milk

- Store milk in small amounts (1-4 ounces), labeled with baby's full name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of cool water
- Warm milk by using warm, NOT HOT, water (never microwave)
- Breast milk may separate - swirl gently to mix (never shake)
- Use oldest milk first; never refreeze thawed milk

Feeding the Breastfed Baby

- Breast milk is easily digested so babies may eat more often (every 1-3 hrs)
- Watch for hunger cues; turning head from side to side, sucking, hand movements toward face, smacking lips
- Crying means "Help me" - not necessarily "I'm hungry"
- Feed small amounts of milk adding more as needed
- Feed slowly with frequent pauses
- Slow flow nipples are recommended

Breast Milk Freezer Storage
Freezer w/ Separate Door
0°
Up to 6 mos.
Deep Freezer
-4°
Up to 12 mos.

Breast Milk Refrigerator Storage
Freshly Expressed Milk
32°-39°
3-4 Days
Thawed Milk
32°-39°
Up to 24 Hrs. (1 Day)

NEVER Refreeze Thawed Breast Milk!

Insulated Cooler Bag
5°-39°
Up to 24 Hrs.

ksbreastfeeding.org

Helpful Tips for a Healthy Baby

UPDATED

"Feeding Tips" card

The updated cards align with new breastmilk storage guidelines from USDA/WIC and the Child and Adult Care Food Program.

WHAT'S NEW? - Freshly expressed breast milk may be stored in the refrigerator for 3-4 days.

The "Feeding Tips" cards are FREE. To order, email Brenda Bandy at bbandy@ksbreastfeeding.org or download at: ksbreastfeeding.org/resources/



Kansas
Breastfeeding
Coalition, Inc.

WHAT'S HAPPENING IN YOUR COMMUNITY?

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

Facebook: [Kansas Breastfeeding Coalition](https://www.facebook.com/KansasBreastfeedingCoalition)

Website: www.ksbreastfeeding.org

FREE TOOL KIT

The “Breastfeeding Welcome Here” (BWH) Tool Kit makes it easy to be prepared to talk with businesses about “how and why” of the BWH program.

The BWH tool kit contains FAQs, an enrollment form, infographics and more all in one convenient place.

Share the tool kit with partners, such as student nursing classes and others, who are interest in helping to enroll businesses. Download the English version at [BWH-Tool-Kit-2017](#) .

All BWH materials, including the Tool Kit, are available in Spanish on the KBC’s “[Breastfeeding Welcome Here](#)” page.



Breastfeeding Welcome Here

Coalition & Advocate Toolkit

Creating communities where breastfeeding families feel welcomed!

This toolkit is intended to be a resource for local advocates who wish to create communities supportive of breastfeeding by reaching out to local businesses and public establishments.

 Kansas Breastfeeding Coalition, Inc.

Follow us on 

To learn more about Kansas Breastfeeding Coalition's Breastfeeding Welcome Here campaign please visit www.ksbreastfeeding.org/cause/breastfeeding-welcome-here. This toolkit was adapted from the Michigan Breastfeeding Network's Anytime, Anywhere project materials.

Visit ksbreastfeeding.org for amazing resources.

See how your county stacks up!

Check out the KBC's listing of 12 indicators of [breastfeeding support by county](#). See how your county compares to counties of similar size, demographics or geographic region. If your county's information is not accurate, please let the KBC know by emailing Brenda Bandy at bbandy@ksbreastfeeding.org.

The BUSINESS CASE for BREASTFEEDING

STEPS FOR CREATING A BREASTFEEDING FRIENDLY WORKSITE

in cooperation with Kansas Breastfeeding Coalition, Inc.

Please welcome Ramah Bird to the KBC team. Ramah joins us as the Business Outreach Coordinator. She will be contacting employers

from our robust database to determine their eligibility for the "Breastfeeding Employee Support Award" and will provide phone and email assistance to help them meet award criteria.



Ramah serves on the board of the Reno County Child Care Coalition providing education support to Child Care Providers. She discovered her passion for finding solutions for businesses and their employees breastfeeding goals after her children were born and she negotiated time, space, and understanding required to successfully breastfeed while working full-time.

Ramah can be reach at rbirdKBC@consultant.com. Meet the entire KBC Staff at <http://ksbreastfeeding.org/about-kansas-breastfeeding-coalition/our-staff/>

Congratulations to the latest Breastfeeding Employee Support Award Winners

GOLD:

- Olathe Family YMCA Child Development Center
- Butler Community College EduCare, El Dorado
- Civics Plus, Manhattan
- American Academy of Family Physicians, Leawood
- Spirit Aerosystems, Wichita
- K-State Student Union, Manhattan
- Wesley Towers, Hutchinson
- Reno County Early Head Start, Hutchinson
- Reno County Head Start, Hutchinson
- Fort Riley Department of Public Health

SILVER:

- Heartland Credit Union, Hutchinson
- Data Center Inc., Hutchinson
- NCI, Olathe

BRONZE:

- Schletzbaum Optometry, Hutchinson
- Cosmosphere, Hutchinson
- Via Christi, Manhattan



Medical providers who care for families are in a position to offer support and encouragement that can lead to successful breastfeeding. The Kansas Chapter, American Academy of Pediatrics (KAAP) in collaboration with the Kansas Breastfeeding Coalition (KBC) has created the Kansas Breastfeeding Friendly Practice Designation that can be earned by physician practices in Kansas.

Congratulations to our newest designations:

5 Stars ★★★★★

KU Department of Family Medicine - Kansas City
Children's Mercy West - Kansas City

4 Stars ★★★★★

Pediatric Partners, PA - Overland Park
Heartland Primary Care - Lenexa
Drs. Morris and Hill Medical Clinic - Fredonia
Ashley Clinic - Chanute

Take the "Breastfeeding Friendly Physician's Practice" designation [promotional flyer](#) to area doctor's offices and encourage them to contact the Kansas Chapter of the AAP to enroll. The KAAP does the rest! They provide a FREE 1-hr lunch-and-learn with CMEs. Local coalitions are invited to introduce themselves at the end of the lunch.

One star is awarded to each of the Breastfeeding Friendly 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

Sites trained and working on their designation:

Hutchinson Clinic Pediatrics - Hutchinson
Sunflower OBGYN - Winfield
Prairie Star Health Center - Hutchinson
Hays Pediatric Clinic - Hays
KU Wichita Pediatrics - Wichita
GraceMed Clinics - Wichita
KU Pediatric Clinics - Kansas City



Provide the “Breastfeeding Friendly Child Care Provider” designation - promotional flyer to your county child care licensing surveyor and ask them to send it out to child care providers in your area encouraging them to apply.

Breastfeeding Friendly Child Care Designation Recipients:

A Step Ahead, Haysville	Kids Korner Accredited Family Child Care Home, Wichita
Academy of Learning, Wichita	Learn and Grow Depot, Abilene
Amy’s Agapeland, Independence	Little Adventurers Day Care Home, Wichita
Anette’s Little Angels Day Care Home, Hutchinson	Little Blessings Daycare, Olathe
Anna Emma Gindlesberger Licensed Day Care Home, Thayer	Loving Arms Child Care Center, Wichita
Butler Community College EduCare, El Dorado	McDaniel Early Childhood Center, Bonner Springs
Children’s Treehouse Learning Center, Lenexa	Olathe Family YMCA Child Development Center, Olathe
Cindy Wickham’s Day Care Home, Altoona	Open Arms Lutheran Child Development Center, Wichita
Erin Rae Stephenson Daycare, Olathe	Paula White Daycare, Wichita
Happy Day Academy, Maize	Prairie Center Christian Child Care, Olathe
Imagination Station Group Family Childcare, Olathe	TLC Group Day Care Home, Shawnee
Kiddie Cove, Wichita	Wichita State University Child Development Center, Wichita

Thank you to Child Care Aware of Kansas for helping us to recognize child care centers who are supportive of their breastfeeding employees. Child care centers receiving the “Breastfeeding Friendly Child Care Provider” designation also receive the “Breastfeeding Employee Support Award”.

Congratulations to Hutchinson and Leavenworth County - the newest “[Communities Supporting Breastfeeding](#)”

Leavenworth County became a “Community Supporting Breastfeeding” in November and celebrated with the Leavenworth County Commission reading of the CSB proclamation on March 13th. Jody Hammerschmidt led the Leavenworth County Breastfeeding Coalition through the designation process. Leavenworth County showed how a determined coalition can build a community supporting breastfeeding with perseverance and determination.

Hutchinson achieved the “Community Supporting Breastfeeding” designation on March 16th through the work of the Reno County Breastfeeding Coalition. It was a team effort, involving the hospital, health department, and others, all guided by a terrific Local Community Coordinator who kept everyone on track - Anette Roberson!



The KBC staff is busy promoting our programs throughout and beyond Kansas. Here's a sample of our recent (and upcoming) activities:

“Community Supporting Breastfeeding” designation:

- Society of Behavioral Medicine, 38th Annual Meeting and Scientific Sessions, SBM, March 31st, San Diego CA
- National WIC Association conference, April 4th, Philadelphia PA
- National Association of City and County Health Officials (NACCHO), April 19th webinar (register [HERE](#))
- United States Lactation Consultant Association conference, May 4th, San Antonio TX, (poster)

“At the Intersection of Breastfeeding and Safe Infant Sleep” - Kansas Governor's Conference, April 26th, Manhattan KS (Co-presenting with KIDS Network)

Educational Opportunities

Certified Lactation Counselor course - Oct. 30- Nov. 3, Manhattan. Registration information at <http://ksbreastfeeding.org/wp-content/uploads/2017/01/CLC-flyer.pdf>

“Breastfeeding: Baby's Natural Choice Conference”, August 23, 2017, Omaha NE. Details at <http://www.olsoncenter.com/resources/breastfeeding-conferences>