



Notes from NF Breastfeeding Discussion Zoom Meeting

May 5, 2020

WORKING WELL

Doximity Program used by Stacey Busey (Yakima Valley Farm Workers Clinic). Able to use cell phones when working from home and caller ID shows as the clinic. Able to add 5 lines.

(*Reminder to contact WIC LPC in regards to using programs such as Doximity.)

From Jean O'Leary to Everyone-CA WIC association has a webinar: Please visit website to access the webinar recording and ppt slides at <http://californiabreastfeeding.org/focus-areas/covid-19-coronavirus/making-the-shift-from-in-person-to-virtual-care-and-support/>

Successes:

Brittini, Nevada BF Coordinator and IBCLC, has been using remote services says able to reach clients to give them support and continuity of care. Can offer additional referrals when making BF call check-up

Yvette Fierce: We have found more families are home so they will answer the phone when we call.

From Selene Acosta: Our Families are so Thankful I that we can help remotely

Jose also reported thanks coming from families; amazed how WIC is supporting them.

From Milo Nicholas: I have been told by my multiple parents that it is a relief not to have to leave the house for their WIC checks and support, especially for those with anxiety and PPD

MAILING PUMPS

Jose says they are mailing pumps. And after a certification, mail a copy of cert to BFPC

I agree with Jose, The fact that we can mail it to them. Makes a huge difference for them. Its a great way to help be successful to BF

From Cathy Gunderson: What type of mailing boxes/packaging is used?

Jose says they are mailing the WIC 'n Style the same day in the original box. Manual pumps are being mailed in small box, ie old check stock boxes.

From Selene Acosta to Everyone: I use large FedEx envelopes for the handpumps.

Contact the state office using the breast pump email address if you need Fed Ex mailers – Jean

From Milo Nicholas to Everyone: Jean can you remind us what the email is?

Here it is WICBreastPumps@DOH.WA.GOV

From Jennifer Dickison: We are mailing a lot of WIC Cards to our new clients.

From Kathy Anderson to Everyone: I've mailed out breastfeeding promotional items bibs for example

From Cristi Messersmith to Everyone: I have mailed business cards with my photo so they know who they are speaking to, and personal notes of encouragement.

VIRTUAL BREASTFEEDING INSTRUCTION

Jose says: Multicare offers virtual BF support. They say most insurances will pay. Other hospitals may do the same, but MultiCare is the one he is affiliated with. <https://www.multicare.org/pregnancy-breastfeeding-support/>

Carolyn asked about the "Latch me" app

Corliss says she shares www.GlobalHealthMedia.org . They offer in many different languages.

From stacey busey: Stanford has some great breastfeeding videos
<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

From Kathy Anderson: online breastfeeding videos from Stanford

From Martha Alanis we have some links put together to share with moms & use the Stanford as well

Carolyn says there are resources on the Nutrition First website <https://nutritionfirstwa.org/resources>

From Brittni Lents to Everyone: I like [Maya Bolman's video](#) on hand expression

From Jean O'Leary: Is anyone using the information on our website?

From JonaRose Feinberg The website <https://firstdroplets.com/> has some of the Stanford videos plus more support for early days breastfeeding (in English and Spanish)

From Karen Obermeyer first droplets site is very useful

From Lezly Hughes: no cost and it is fairly new site

From Cristi Messersmith: Yes, I have shared First Droplets recently, I just learned of it recently too, it's great! I like that it has a section for early babies, it seems we have been seeing more lately.

From Karen Obermeyer <https://firstdroplets.com/>

From Martha Alanis for our WIC clients we offer virtual lactation services from MultiCare

From Jean O'Leary Can everyone send in your on line resources to Jessica Armstrong? We'll add them to the spreadsheet of resources on our website

From Kathy Anderson I like the Kitsap county Breastfeeding coalition has resources listed locally online

From Rachel Markham This is state BF resource that Jean is speaking of that Jessica created. Here's the link then select 'Breastfeeding resource' then open the file.

<https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/LocalHealthResourcesandTools/WIC/ProgramFormsMaterials#BFresources>

From Karen Obermeyer another good one <https://ibconline.ca/>

PEER COUNSELING

Britini Lents: BFPC on one office to serve 27 tribes, and do a lot of remote. Looking into doing virtual BF classes BF Support Groups. Looking at platforms and how that will work.

From JonaRose Feinberg: Many local Breastfeeding Coalitions have resource guides online. Snohomish County: <http://www.breastfeedingsnoco.org/resources/>

South Sound: <https://www.southsoundbreastfeeding.org/>

From Martha Alanis: for our peer counselor program things haven't changed much because we are still working from home & doing the majority of our work over the phone. not meeting with our clients is a challenge but we are looking into some kind of virtual support to provide

From Milo Nicholas: we have a list of all the local coalitions and their contact info on the DOH website- doh.wa.gov/breastfeeding

From Jean O'Leary: We're working on supplying Go To Meeting for peer counselors to use for group education

From Kathy Anderson: jean will this be available for other than peer counselors?

From Jean O'Leary: Yes, for WIC staff as well

FOLLOW-UP CALLS

From Mara Andrus: what are staff using for follow up on issued pump calls?

Brittni: Peer Counselors communicate with WIC staff. Able to put reminders into charting.

From stacey busey: We have used reminders in our Outlook calendars

From Selene Acosta: At our agency we use the Pump liability forms that has a check off list when we call to follow up the following business working day. Once call is done, we are scanning the doc.

BREASTFEEDING FOR DADS

Jose: Is any agency thinking of doing anything prenatal or immediate postnatal for the dads? Fathering group is offering instruction at local hospital.

From stacey busey: No, but I love the idea.

Stacey said that pre-COVID, they did 2-hour BF support classes as a "Baby Shower." Family members and dads could attend. PC also there.

From Cristi Messersmith: I 'm a BFPC at WIC on a navy base and love that you have a father class! We have a lot of fathers wanting to participate in mom & baby's breastfeeding experience in any way they can, as they miss a lot when deploying.

Resource: Conscious Fathering. Class for Dad's only by male instructor. (Jose is one of the instructors) <http://www.parenttrust.org/for-families/classes/parenting-preparation/conscious-fathering/>

From Jean O'Leary : That's great Jose!

Also other gender/queer BF classes?

VIRTUAL CONSULTATIONS

From Jennifer Dickison: Sea Mar has a powerpoint that we are now emailing out to clients and reviewing the information with them individually over the phone to replace our prenatal breastfeeding classes. We also embedded links throughout for clients to click on for different resources on the web.

From Milo Nicholas: oh that's awesome Jennifer- does the local coalition have this powerpoint too? Could be a great resource for them

From Joy MacTavish (speaker from previous NF conference) : For LGBTQ+ families, I offer private, virtual consultations for lactation and general parenting education. I offer sliding scale as needed. Joy MacTavish, IBCLC, www.soundbeginningsfamily.com

COALITIONS

From Kathy Anderson : I love the idea of meeting with the breastfeeding coalition on platforms since we live over a couple hours away

Kathy - Many local breastfeeding coalitions are meeting via Zoom or similar platforms. Not sure where you're located but I'm happy to help connect you with your local coalition if I can.
jona@wabreastfeeding.org

WIC APP

From stacey busey: A lot of families like the great recipes on the app.

WEIGHING BABIES

Many of our new moms are missing the opportunity to weigh their babies to reassure them baby is getting enough. Anybody have any suggestions?

Brittni said one state had a drive-up baby scale on a table in a pop-up tent. Attendees wore masks.

From Kathy Anderson: jean is it possible to lend scales out?

Answer: State will look into. Concerns about tracking and cleaning.

From Martha Alanis: one of our local hospitals has set up a weight station area away from the main hospital. this is fairly new & I'm excited to share this with moms to just give them some peace of mind

Jose thinking outside of box. Could we use a fish-style scale?

From Cristi Messersmith: Maybe a luggage scale :)

From Joy MacTavish: Tracy Corey has shared that Nurturing Expressions offers scheduled private weight checks at their locations. <https://www.nurturingexpressions.com/>

From stacey busey: I could see a WIC site if they have a portable scale being able to offer a short window drive up situation. You could have designated times so that you could staff it.

From Martha Alanis:thank you for putting this on. I appreciate all the great info that was shared.

From Kathy Anderson: Thanks Caroline for setting this up

From wende dolstad : I think these discussions are a great idea. thanks Carolyn and board

From Carolyne Perez: thank you!

More thanks.

Info on IBCLCs doing outdoor weight-check clinics in California – from the California Breastfeeding Coalition:

Serving families caught in the middle of our current public health crisis doesn't have to be fancy, expensive or even elaborate.

Just ask IBCLC Dawn Bower of Lancaster.

During our first CBC Learn webinar, [Providing the Best Possible Solutions in Less-Than-Ideal Circumstances](#), Dawn heard mention of mobile weight clinics.

Like many lactation consultants in the state, Dawn is furloughed from her hospital-based position and has closed her office to protect families from exposure to coronavirus.

Offering a mobile weight clinic would make use of equipment she already had and give families the opportunity to find out whether their babies' feeding needs are being met.

“That sounded like something I could do that would make a difference to local families.”

Dawn posted about the idea to a Facebook group and was surprised to hear back from an IBCLC in Arizona, Michelle Nordblom Hottya, who was already doing it on her own. In under a week, with support from Michelle and hands-on assistance from IBCLC Candidate Rachel Ivison, Dawn offered the first clinic in the parking lot of her Lancaster office.

It only took one family to validate the importance of the weight check. At 5 weeks old, the baby was just 14 oz. over birth-weight.

“The family knew something was wrong but couldn’t get in to see their doctor,” she said, adding that it’s a difficult situation all around. Families don’t know when a visit is necessary and providers don’t know the severity of a situation until they see the baby for themselves.

In this case, Dawn was able to fax the pediatrician so the baby could be seen. Dawn and Rachel are continuing these free clinics every Tuesday, and they hope to hear of others in California following suit.

“If you have a heart to serve postpartum families like this and have some time, do it,” she recommends. “Even if you don’t have an office, find a place to set up.”

Dawn said the process is fairly simple and doesn’t even need to involve touching the baby. Dawn and Michelle are working on a how-to for others interested in starting up a weight clinic. If you would like more information, email MyLactationConsultant@gmail.com.

“If it wasn’t for the CBC webinar, I might not have thought to do this,” she said. “It was so much easier than I thought and also so much more rewarding.”

Warm regards,

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