

# BREASTFEEDING Connections

Winter 2023

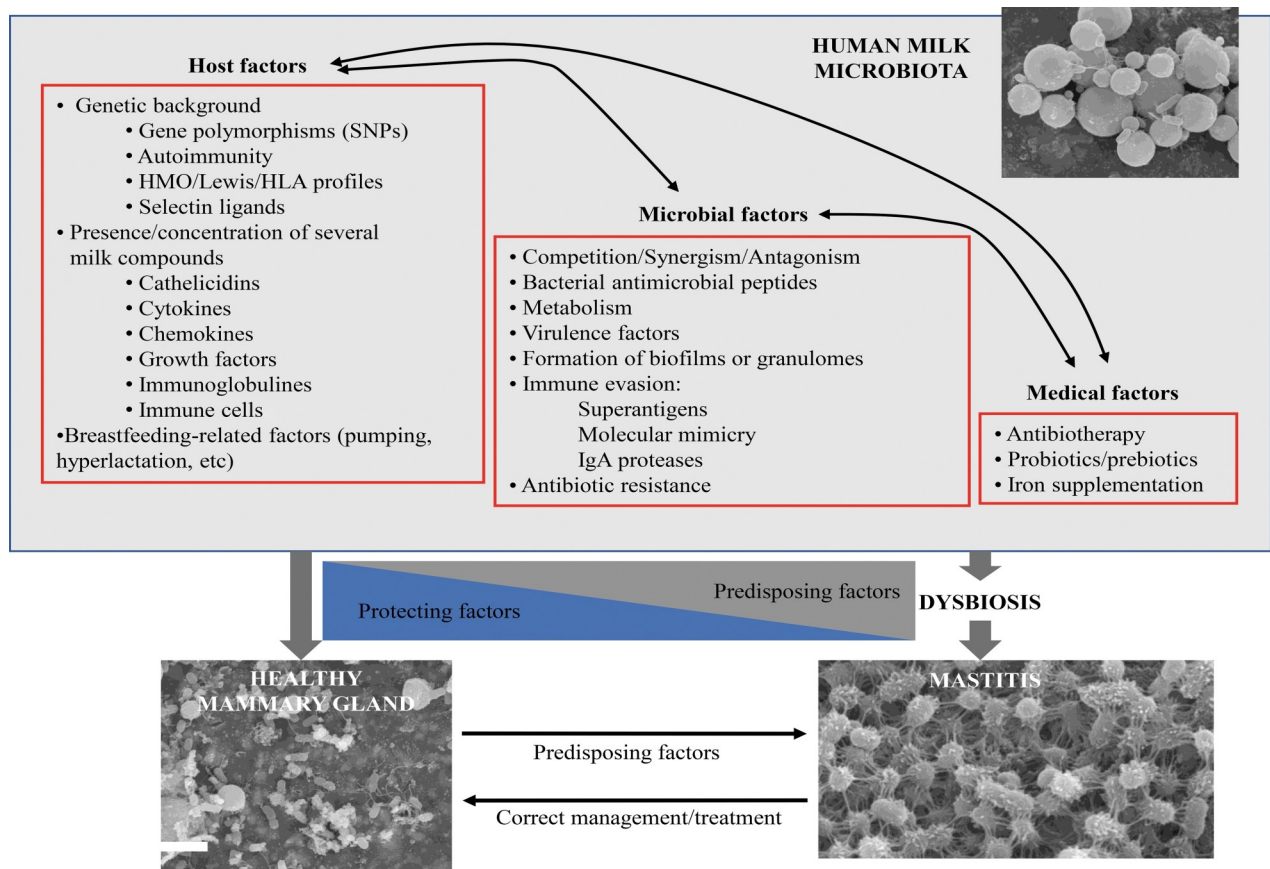
## New Recommendations on Mastitis

The Academy of Breastfeeding Medicine released new [clinical protocols on the management of mastitis](#) in May 2022.

The clinical protocols look at new evidence that shows mastitis can be caused by many factors, not just one. Some of those reasons include hyperlactation (when your body makes more milk than your baby needs), the diversity in the milk microbiome and antibiotic/probiotic use. The diagram below details more reasons for mastitis.

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This newsletter is prepared for Michigan WIC Staff to help them support breastfeeding families.

This newsletter is intended to be viewed online in order to access the hyperlinks. In addition to receiving it via email, you can access the electronic version on our [website](#).

## NEW RECOMMENDATIONS ON MASTITIS (continued)

The treatment of mastitis includes general strategies that apply to everyone, and then interventions for specific breast conditions. General recommendation include:

### 1. Anticipatory guidance and behavioral interventions

Reassure parents that most symptoms will resolve on their own. Educate parents on how a normal lactating breast may feel (lumpy) and how to identify normal hormonal sweating and morning edema vs. fever and infection. Counsel parents to feed their infant on demand, and don't have a goal to 'empty' their breasts. Limit the use of a breast pump to when the parent is separated from their baby. Avoid the use of breast shields. Avoid deep massage of the breast. Avoid saline soaks, castor oil and other skin products. Avoid routine pump sterilization (pumps should be cleaned after each use but don't need to be sterilized that often). Avoid cleaning the nipple.

### 2. Medical interventions

Decrease inflammation and pain by using ice, NSAIDS and or acetaminophen. Treat nipple blebs with oral lecithin and steroid cream (0.1% triamcinolone) that is wiped off before feeding the infant. Treat breast milk oversupply ([ABM Clinical Protocol #32: Management of Hyperlactation](#)). Use ultrasound to reduce inflammation and swelling. Don't use antibiotics for inflammatory mastitis (save their use for bacterial mastitis). Consider probiotic use containing *Limosilactobacillus fermentum* or *Ligilactobacillus salivarius*. Evaluate for perinatal mood and anxiety disorders.

Condition-specific recommendations are outside of the scope of practice for WIC breastfeeding staff. However, reviewing these recommendations can provide a more complete picture of the treatment options for mastitis.

Mitchell, K. B., Johnson, H. M., Rodríguez, J. M., Eglash, A., Scherzinger, C., Widmer, K., & Academy of Breastfeeding Medicine. (2022). Academy of Breastfeeding Medicine Clinical Protocol# 36: The Mastitis Spectrum, Revised 2022. *Breastfeeding Medicine*, 17(5), 360-376.

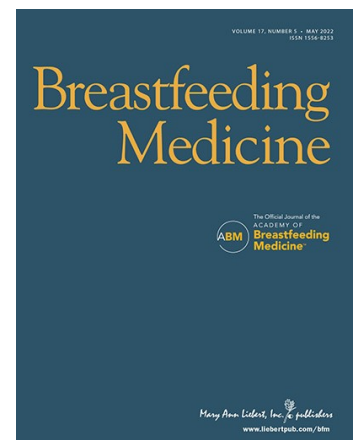
Reminder: State of Michigan WIC has a subscription that allows us to access Breastfeeding Medicine.

<https://www.liebertpub.com/action/showPreferences?show=institution>

Email: [Mdhhs\\_wicbreastfeeding@michigan.gov](mailto:Mdhhs_wicbreastfeeding@michigan.gov)

Username: MDHHS\_WICbreastfeeding

Password: MichiganWIC!



## BREASTFEEDING STAFF SPOTLIGHT

Hello. I am Trisha Eady and I have worked at the Ionia County Health Department in the WIC office for almost six years. Being that we are a smaller county, I am the only peer counselor here. I love working with all pregnant moms, going over the Coffective material and teaching the Infant Feeding Classes.

I have five children and I was fortunate enough to be able to breastfeed all of them. As we all know, every baby is different and when I had trouble with baby number four, I went to the peer counselor for help. When the job became available, I decided to apply because I wanted to be able to help other moms continue to breastfeed when problems arose. I wanted to be able to celebrate with them when they worked through a problem and reached their goal. Through my five children I have had mastitis, clogged ducts, thrush, poor latch, great latch, teething, pain and joy. I like to focus on the joy and help “my moms” feel it too. I think that because I have been where they are, we relate to each other. They feel like “she knows this feeling, she actually understands.” It helps me forge a better bond.



I enjoy teaching the benefits of breastfeeding for both the mother and child. I encourage them to bring their significant other with them so we can give them tips on how to support mom and be a part of their journey. I get so excited when a mom has no intention of breastfeeding and then decides that it is worth the try. Their success makes me happy and I enjoy cheering them on. I love it when a mom and her baby take to breastfeeding immediately with no issues, but I also love seeing the joy in a mother’s eyes at that “ah-ha” moment when everything clicks and it starts going better. I am blessed with this opportunity to be a part of the Ionia WIC team.

## CELEBRATING WITH OUR LOCAL AGENCIES



Breastfeeding Peer Counselor, Tina McDonald and  
WIC Clerk-Tech, Jami Haner.

District Health Department #10  
is pictured here celebrating  
Thanksgiving.



They wanted to demonstrate the great teamwork  
used to develop this wonderful outreach/  
breastfeeding bulletin board displayed for their  
clients. What a great collaborative effort in  
celebrating breastfeeding families!

## A MESSAGE FROM USBC

### JOIN THE #THISISOURWHY MOVEMENT

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For those who have never walked this journey, it can be hard to understand why this field is so passionate about creating a lactation-friendly society. With your help, we can help paint a clearer picture.

Personal stories help us keep a pulse on the needs of today's families, inspire us to keep on fighting and serve as a powerful tool for action. We aim to capture authentic, honest, emotional and very real experiences from families and those who support them.

Tell us your passion for breastfeeding, be it personally, professionally, or politically (meaning, how can policies help)!

Stories can be about any aspect of an infant feeding journey.

- The need for paid family leave: "I had to go back to work after two weeks before we were comfortable with our feeding routine."
- Time to pump at work: "I had to pump in the mop closet sitting on a bucket."
- Dreams of wide-spread access to donor human milk: "donor milk was the bridge I needed to get my supply going for my premature baby."

Click this link to [share your why today.](#) Your story can help us create meaningful change. Let's make a difference together!

~ Team USBC





## DEAR WINNIE

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Dear Winnie,

How can I support a client who wants to breastfeed, but she is worried her partner will feel left out?

Signed,  
Outstanding Peer Counselor

Dear Outstanding PC,

This is an excellent question because in many cases, partners are the glue that holds everything together! We need to make them feel like the champion they are. The focus of your support may not be your client, it may be their partner.

**Set the tone of the discussion:**

- Make it easy for your client's partner to feel included! Invite them to appointments, classes, or to join phone calls.
- We are hardwired to ask about our client's concerns, but don't forget to take time to ask their partner if they have any questions or concerns as well.

**Affirm the partner's feelings with statements such as:**

- "Wow! I can tell how excited you are to be a parent!"
- "It sounds like you're worried about how you can be a good partner."

**Use probing questions, such as:**

- "Have you thought about other ways you could support your partner and bond with your baby?"

**Then, ask permission to share information:**

- "Many partners have discovered that feeding their baby is not the only way to bond with them. Would it be alright if I shared some resources on other ways to love your baby?"

**Resources:**

- Utilize the USDA WIC Breastfeeding Support website! There are wonderful resources available specific to [partners](#).

Partners can be a HUGE influence in your client's breastfeeding journey. Sometimes they don't realize how important human milk is for their little champ or princess. Give them the tools to better support their partner. Empower them and give them a high five for being the sidekick to this amazing journey they get to share together!

Your breastfeeding partner,  
Winnie

In recognition of Winnie's contributions to the Peer Counselor Program from 2001-2021, we are continuing the "Dear Winnie" column in her name. Written by Kristina Doyle.

# DIVERSITY, EQUITY AND INCLUSION REFLECTION

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Inclusion: What does it mean to you?

Inclusion is defined as “A culture that fosters diversity, equity, support, and respect within every facet of organizational services and activities” ([MDHHS Diversity Equity and Inclusion Plan](#), May 2018).

Sounds like a simple thing to do, but it is quite a large task. The pandemic drew attention to this word in how we provide support and how we make people feel (included, heard, welcomed, etc.). Virtual and in-person support of our clients needs to be more inclusive.



How have you been able to be more inclusive of a diverse group of people in terms of meeting physical, intellectual, or other needs? Having a virtual option has decreased some barriers, but also created others if someone does not have wireless internet connection, there are some additional accommodation requests, or simply cannot communicate or understand very well in a virtual environment. Here is a short list of things to initially consider. It is not comprehensive, but offers a starting point.

1. Solicit and respond to accommodation requests: Ask participants what accommodations or assistance they need to fully participate in your meeting or in your program. There should be funds set aside to assist in accommodating requests that have costs associated with them. It may surprise you to know that what you think are the needs of others, may not be what aligns with what they actually want or need.
2. How can your organization best assist individuals with internet access challenges? Perhaps by offering in-person opportunities or think about how can you assist with providing WIFI access to a household.
3. Choose a platform that meets your accessibility needs. All platforms do not have the same accessibility. Do some research to understand which will meet the needs of your attendees, and make sure you know what the accessibility features are and how to activate them.
4. Turn off features that create barriers to accessibility. Some platform features can cause access barriers for certain people. For example, the chat feature in Zoom is disruptive to the audio heard by someone using a screen reader. If you have attendees using assistive technology, either turn off the chat feature or have all chats go directly to the host.

(This article contains information from an [MDHHS DEI Newsletter: 11-22-21](#)).



If you are a WIC breastfeeding supporter/counselor and identify as a person of color, consider joining the WIC Breastfeeding Supporters of Color Network. Meetings are monthly. For more information, contact Dionne Moore-Smith at [MooreSmithD@michigan.gov](mailto:MooreSmithD@michigan.gov).


## 2023 TRAINING OPPORTUNITIES

Visit the [Provider Education](#) section of the MDHHS WIC Staff Breastfeeding page for a variety of webinars and conferences.

Date	Time	Organization	Title and Link
<b>January</b>			
Jan 11	Webinar 2:00 - 3:30 p.m.	USBC (United States Breastfeeding Coalition)	Pursuing Policy solutions: Lessons Learned from USBC  Cheryl Lebedevitch, Amelia Psymthe Seger <a href="https://usbcreastfeeding.org/Pursuing-Policy-Solutions-Lessons-Learned-from-the-USBC">Pursuing Policy Solutions: Lessons Learned from the USBC (usbcreastfeeding.org)</a>
Jan 17	Webinar 11:00 a.m. - 12 p.m.	USLCA (United States Lactation Consultants Association)	Inpatient Breastfeeding assessment tools  <a href="https://uslca.org/Inpatient-Breastfeeding-Assessment-Tools">Inpatient Breastfeeding Assessment Tools (uslca.org)</a>
Jan 17	Live webinar 9:00 a.m. - 1:00 p.m.	Gold learning	Managing weight gain in the breastfed infant  <a href="https://goldlearning.com/Professionals-GOLD-Learning-Day-Managing-Weight-Gain-in-the-Breastfed-Infant">Professionals : GOLD Learning Day: Managing Weight Gain in the Breastfed Infant</a>
Jan 18	Webinar 1:00-2:00 p.m. EST	IABLE (Institute for the Advancement of Breastfeeding & Lactation Education)	Unlocking the Mysteries of Human Lactation: Effectiveness of Fertility Awareness-Based methods for Pregnancy Prevention During the Postpartum Period  Rachek Peragglla Urrutia, MD <a href="https://lacted.org/Research-Series-Fertility-Awareness-Based-Methods-Jan-2023-The-Institute-for-Breastfeeding-and-Lactation-Education-IABLE">Research Series - Fertility Awareness-Based Methods - Jan 2023 - The Institute for Breastfeeding and Lactation Education (IABLE) (lacted.org)</a>



## 2023 TRAINING OPPORTUNITIES

Date	Time	Organization	Title and Link
<b>January</b>			
Jan 24-26	Virtual Summit  8 a.m. - 4:30 p.m. Pacific Time	California Breastfeeding Coalition	2023 virtual California Breastfeeding Summit  <a href="#">California Breastfeeding Coalition   Virtual Summit</a>  <a href="#">2023 California Breastfeeding Summit (regfox.com)</a>
Jan 24 - Oct 24	Live webinar 8:30 - 10:00 a.m.	MAHEC, Mountain Area Health Education Center	Hot topics in Breastfeeding  <a href="https://mahec.net/home/event/69990">https://mahec.net/home/event/69990</a>
Jan 20 & 27	Webinar 11 a.m. -2:00 p.m. (each day)	IABLE (Institute for the Advancement of Breastfeeding & Lactation Education)	Breast Cancer & Other Pathology During Lactation  Katrina Mitchell, MD,IBCLC,PMH-C <a href="#">Breast Cancer and Other Pathology During Lactation - Jan. 2023 - The Institute for Breastfeeding and Lactation Education (IABLE) (lacted.org)</a>
<b>February</b>			
Feb 3, 10 & 17  	Webinar series 8:20 a.m. - 1:45 p.m.	IABLE (Institute for the Advancement of Breastfeeding & Lactation Education)	Substance and Opioid Use During Lactation Various presenters  <a href="#">Substance and Opioid Use During Lactation - Feb 2023 - The Institute for Breastfeeding and Lactation Education (IABLE) (lacted.org)</a>
Feb 13	Live webinar 8:45 a.m. - 4:40 p.m.	MAHEC, Mountain Area Health Education Center	Navigating Lactation education and support in the Clinic setting  <a href="https://mahec.net/home/event/69606">https://mahec.net/home/event/69606</a>



## 2023 TRAINING OPPORTUNITIES

Date	Time	Organization	Title and Link
<b>March</b>			
March 25	8:30 a.m. - 4:30 p.m. EST	Winthrop University	Lactation Unlocked Conference  <a href="https://www.winthrop.edu/cas/nutrition/lactation-unlocked-conference.aspx">https://www.winthrop.edu/cas/nutrition/lactation-unlocked-conference.aspx</a>
<b>April</b>			
April 3 - June 30	Conference	Gold learning	Gold Lactation Conference 2023  <a href="http://www.goldlactation.com/">http://www.goldlactation.com/</a>

### ARCHIVED WEBINARS

How to Support Families who Engage in Community Milk Sharing  
[https://us02web.zoom.us/webinar/register/WN\\_wKaxaihZQ66nDfz76VWY1A](https://us02web.zoom.us/webinar/register/WN_wKaxaihZQ66nDfz76VWY1A)  
 Recording duration: 1 hour 31 minutes

Lactation, Contamination, and the American Formula Crisis  
 Great Lakes Breastfeeding Webinars  
 Tameka Jackson-Dyer, BASc, IBCLC, CHW  
<https://register.gotowebinar.com/register/2590124366098633996>  
 Recording Duration: 1 hour

The Importance of Lactation Counseling Through an Equity Lens  
 Great Lakes Breastfeeding Webinars  
 Lindsey McGahey, IFSD, IBC, BE  
<https://register.gotowebinar.com/register/8454463092103137551>  
 Recording Duration: 1 hour

New IBCLC recertification Criteria and process part 2  
 Inland Empire Breastfeeding Coalition  
 Kayellen Young, IBCLC CD (DONA)  
[FREE: IBCLC Recertification requirements | iebfc \(breastfeeding.org\)](#)  
 Recording Duration: 48 Minutes

Questions/Comments? E-mail: [CyrulM@michigan.gov](mailto:CyrulM@michigan.gov).



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