



BREASTFEEDING Connections

Fall 2022

What’s new with the 2022 American Academy of Pediatrics (AAP) Breastfeeding Policy?

The AAP revised their Breastfeeding Policy Statement in June 2022. There are 10 key recommendations including: exclusive breastfeeding for about 6 months; with complementary food introduction at about 6 months, and as mutually desired by mother and child, the AAP supports continued breastfeeding until 2 years or beyond.

Read the full 2022 Breastfeeding and the Use of Human Milk [policy statement](#) and [technical report](#). The technical report provides the evidence and basis for the recommendations.

A webinar was held on August 10th to explain the new recommendations. If you missed it, you can find the recording at the top of the AAP breastfeeding [webpage](#). Click the blue box that says, “View Webinar”.

The panelists did not have enough time to address all audience submitted questions, so they [created responses to these questions here](#).



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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](#).



BREASTFEEDING STAFF SPOTLIGHT

The following individuals were highlighted at the Annual Peer Update for their 10 years of service with the WIC Breastfeeding Peer Counselor Program. Congratulations and thank you for your dedication!



LaSaundra Beasley
(BF Community Liaison)



Anna Brock (Intercare)



Jennifer Gudith
(Kent County)



Keva Williams
(BF Community Liaison/
BF Team State Trainer)

BREASTFEEDING AWARDS OF EXCELLENCE

The following agencies were recognized for their exemplary breastfeeding services by receiving a Gold Breastfeeding Award of Excellence (formerly Loving Support Awards):

- InterCare Community Health Network
- Washtenaw County Health Department

The presentation was recorded and can be viewed on YouTube. Here is the link to the [2022 Midwest Breastfeeding Awards - YouTube](#) recording.

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.



COMMUNITY ENGAGEMENT FUNDING

The following local agencies were awarded funds to be used for community engagement and breastfeeding support. The State WIC team looked at a variety of factors when making our decision: focus on eliminating racism, engagement with community partners, sustainability of the initiative and changes in breastfeeding initiation rates from August 2019 to April 2022. Initially, we hoped to disseminate \$7,000, but we were able to tighten our budget in other areas and offer a total of \$8,500!

Congratulations!

Agencies that received \$1,000

Central MI DHD
Great Lakes Bay
Jackson
Marquette
MMCAA
NW Health
Wayne

Agencies that received \$500

Bay
Oakland
Public Health Delta and Menominee

Bay County



In collaboration with the Bay Area Breastfeeding Coalition and other community partners, Bay County celebrated their 21st annual Breastfeeding Walk themed "BABC's 21st On Tap". They were able to use the community engagement funding towards free door prizes for breastfeeding families as well as an Elvie hands free breast pump, which was raffled off during the event.

Jackson County

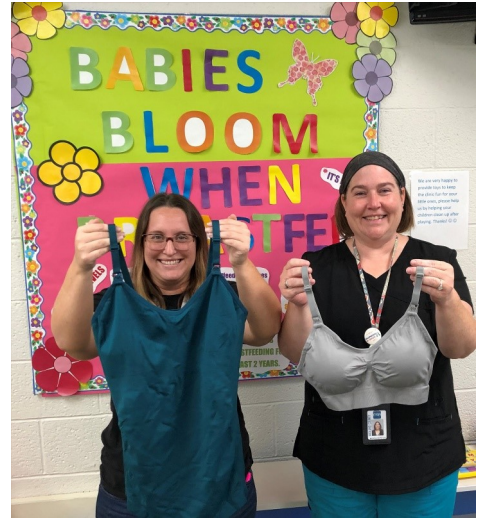


With the community engagement funding, Jackson hosted their first annual breastfeeding celebration event to celebrate Breastfeeding Awareness Month as well as their local breastfeeding moms. They also plan to utilize the money for breastfeeding tools that our WIC parents have shown a need, for as well as outreach to local pediatricians/OBGYNs.

COMMUNITY ENGAGEMENT FUNDING

Mid-Michigan Community Action Agency (MMCAA)

MMCAA used Community Engagement Funds to purchase several nursing bras and nursing tank tops in various sizes for prizes for their Breastfeeding Walk on 8/6/2022 and to be given to clients in need at their WIC clinic. They also used part of the funds to aid with purchasing lunch for attendees at their Breastfeeding walk.



Oakland County

Oakland County had a successful Breastfeeding Month picnic last week. Twelve families joined us at Catalpa Park for our event. It was a beautiful day at the park. We were happy to see our WIC kids and moms. We also had a supportive dad and a couple of grandmas come.



Everyone that joined us received a gift bag with some goodies and was able to grab some snacks and refreshments. We had games set up for the kids too. Families mingled with each other and the peers, sharing breastfeeding experiences, successes, challenges and tips.

PEER OF THE YEAR

This year we recognized peers from each of the five regions for our first annual Peer of the Year Recognition. Nominations were received from local agency staff and the following peers were recognized during the Peer Update for their unwavering support of WIC families. Congratulations!



Erica McLeod

Erica is a peer with the Washtenaw County Health Department and is their expert on baby-wearing. Erica provides inclusive services to WIC families and is a great resource guide for all families.

Taylor Davis

Taylor has handled the challenges of the last 2 1/2 years effortlessly and is always wanting to add more to the peer program at Central Michigan District Health Department.



Jennifer Gudith

Jennifer is conscientious, kind, understanding, and always puts the needs of others first. Over the past 3 years, she was often the only peer servicing clients, and mentored many along the way during some of the transition in peer counselor staff at the Kent County Health Department.



Amber Grassinger

Amber is pictured here with her daughter at Dickinson Iron District Health Department's 8th Annual Breastfeeding Walk. Amber always goes above and beyond to provide support, education, and resources to all families.



Sherin Palanjian

Sherin's mother was a breastfeeding advocate in Dubai and now she is carrying on her mother's legacy by being a big breastfeeding supporter of Oakland County Health Division's WIC families.



NATIONAL BREASTFEEDING MONTH CELEBRATIONS

Newaygo County Breastfeeding Coalition hosted Mommy & Me at the Park event at the River Front Park in downtown Newaygo on August 17th. They had a total of 76 women & children attending and had fresh fruits & veggies, face painting and several giveaways. One of their coalition members is an IBCLC and she brought her scale to weigh babies.



Shiawassee WIC Breastfeeding Walk 2022! It was a great success until the raindrops started to fall; however, individual family pictures were taken, local agencies were present and everyone went home with a gift in support of breastfeeding.

Grand Traverse WIC utilized National Breastfeeding Month materials in their clinic.



Washtenaw County WIC utilized National Breastfeeding Month materials in their clinic.



NATIONAL BREASTFEEDING MONTH CELEBRATIONS

Sanilac County WIC wanted to reach out to their community and shed light on accommodating breastfeeding moms and bustling parents. They introduced their Breastfeeding Bay and Baby Care Center at the Sanilac County 4H Fair. It was so exciting to see all the great support they were able to give the community, and in return they had encouragement to keep offering this service. The tent is not intended to discourage public breastfeeding but offer more options and conveniences.



Genesee County WIC had a special breastfeeding table for three days at the Flint Farmers' Market. This was part of their Project Fresh health fair. They honored two WIC moms and babies who have been working closely with the peer counselors and are working hard to meet their breastfeeding goals! GCHD created a special display and provided the parents and babies with a toaster oven and a bag of other goodies. They also personally connected with lots of breastfeeding and pregnant families. They also restarted their support group this month to coincide with National Breastfeeding Month!

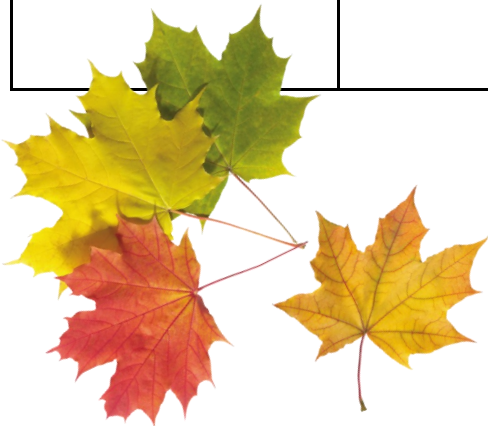
Dickinson Iron District Health Department WIC held their 8th annual Breastfeeding Walk. Their agency had the largest turnout ever this year. They partnered with area businesses within the community. The activities included a scavenger hunt around the lake. Their peer counselor, Amber Grassinger, was busy all summer with setting up lactation stations around the community which helped to promote the Breastfeeding Walk this year.



2022 TRAINING OPPORTUNITIES

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

Date	Time	Organization	Title and Link
September			
Sept 15 – Dec 15, 2022	On-Line Conference	iLactation	Click here for the 21st On-Line Breastfeeding Conference link.
Sept 20, 2022	Launch on the 3rd Tuesday of the month.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar.	Click here for the Setting Families Up to Win: How Hospital Systems are Harming the Breastfeeding Dyad link. Shonte' Terhune-Smith, BS, IBCLC, CLS, BD
Available until Oct 14, 2022	Recorded Sessions	International Lactation Consultants Association (ILCA)	Click here for the ILCA 2022 Virtual Conference link .
October			
Oct 12, 2022	Webinar 2-3 p.m. EST	USBC (United States Breastfeeding Coalition)	Click here for the Racism and Colonial Roots of Gendered Language in Public Health and Biomedicine link. Dr. Aunchalee Palmquist, PhD, MA, IBCLC
October 18, 2022	Launch on the 3rd Tuesday of the month	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar.	Click here for the Navigating New Motherhood as a Birth/Breastfeeding Worker link. Tameka White, CLS



2022 TRAINING OPPORTUNITIES

Date	Time	Organization	Title and Link
November			
Nov 3 - 5, 2022	In-Person and Webinar Conference	IABLE (Institute for the Advancement of Breastfeeding & Lactation Education)	Click here for the Hot Topics in Breastfeeding Medicine link.
Nov 15, 2022	Launch on the 3rd Tuesday of the month.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar.	Click here for the Traditional Care and its Impact on the Effects of Perinatal Mood and Anxiety Disorders (PMADs) link. Lindsey McGahey, IFSD, IBC, BE
December			
Dec 20, 2022	Launch on the 3rd Tuesday of the month.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar.	Click here for the Workers Serving Birth Workers as We Serve Families link. Jennifer Day, IBCLC



ARCHIVED WEBINARS	
Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinars (FREE)	Click here to access MIBFN lactation and breastfeeding archived webinars for free.
USBC (United States Breastfeeding Committee)	Click here to access Commercial Milk Formula Webinar Recordings 3 Different Sessions
BreastfeedingLA	Click here to access lactation and breastfeeding archived webinars available for purchase.
Gold Learning	Click here to access lactation and breastfeeding on-line continuing education for purchase.

DIVERSITY, EQUITY AND INCLUSION STATE UPDATES

During National Breastfeeding Month, a webcast celebrating Black Breastfeeding Month featured Dr. Kimberlydawn Wisdom (Senior Vice President of Community Health and Equity and Chief Wellness and Diversity Officer at Henry Ford Health). [The archived webcast can be found on the MPH website here.](#) The webcast is titled *Let's Talk About Black Breastfeeding in Michigan*.



The National WIC Association featured Panel Discussions recognizing each of the three weeks during National Breastfeeding Month recognizing various communities. These panels were available during Indigenous Milk Medicine, Asian American, Pacific Islander, and Native Hawaiian, and Black Breastfeeding Weeks. Each of the panel discussions can be accessed on the [National WIC Association's YouTube Channel](#).

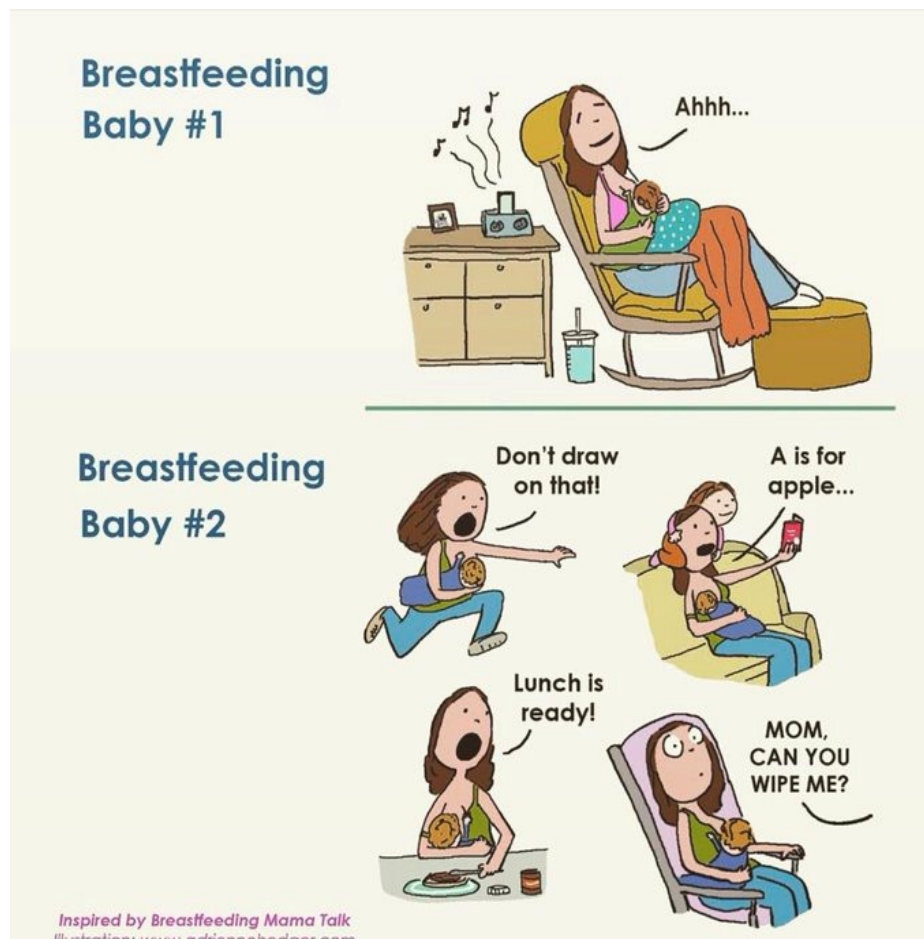


Image found on [Twitter](#)

Questions/Comments? E-mail: CyrulM@michigan.gov

