

BREASTFEEDING Connections

Spring 2023

Iron Deficiency in Very Preterm Infants

[Formula Feeding Significantly Increases Risk of Iron Deficiency in Very Preterm Infants during the First 4-6 Months of Life](#)

Most very preterm infants fail to receive elemental iron of 2mg/kg/day from formula alone. Iron Deficiency (ID) is significantly more prevalent in formula-fed infants than breastfed infants despite higher iron intake overall.

A possible explanation for this finding could be that the bioavailability of iron from formula is lower than from breast milk. Breast milk contains lactoferrin, which aids iron absorption. Thus, iron *from breast milk may be better absorbed than iron from formula*. Lower gestational age, lower birth weight and need for blood transfusions were associated with ID in formula-fed infants. Plausibly, blood transfusions may lead clinicians to withhold necessary iron supplementation for fear of iron overload in these infants, leading to unintentional ID. The researcher's observations suggest the need to revisit the international recommendations for iron supplementation in formula fed very preterm infants.

See the full article at [ASH Publications](#).

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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](#).

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



Infant Feeding for Individuals with HIV in the United States

The Department of Health and Human Services, Centers for Disease Control (CDC), National Institutes of Health and the Office of AIDS Research Advisory Council, published an update to their guidelines on infant feeding for people with HIV.

The recommendations focus on evidence-based, patient-centered counseling to support shared decision-making. During counseling, people should be informed that:

- Replacement feeding with properly prepared formula or pasteurized donor human milk from a milk bank eliminates the risk of postnatal HIV transmission to the infant.
- Achieving and maintaining viral suppression through antiretroviral therapy (ART) during pregnancy and postpartum decreases breastfeeding transmission risk to less than 1%, but not zero.
- Replacement feeding with formula or banked pasteurized donor human milk is recommended to eliminate the risk of HIV transmission through breastfeeding when people with HIV are not on ART and/or do not have a suppressed viral load during pregnancy (at a minimum throughout the third trimester), as well as at delivery.
- Individuals with HIV who are on ART with a sustained undetectable viral load and who choose to breastfeed should be supported in this decision.
- Individuals with HIV who choose to formula feed should be supported in this decision. Providers should ask about potential barriers to formula feeding and explore ways to address them.
- Engaging Child Protective Services or similar agencies is not an appropriate response to the infant feeding choices of an individual with HIV.

In Michigan, parents living with HIV who have delivered an infant are eligible to receive free donor milk from Bronson's Mother's Milk Bank. Call 269-341-6146 for more information.

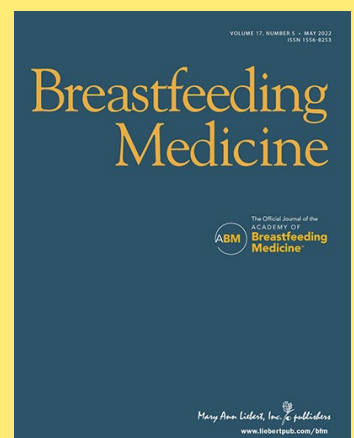
Reminder Michigan State WIC has a subscription that allows us to access Breastfeeding Medicine:

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

Email: Mdhhs_wicbreastfeeding@michigan.gov

Username: MDHHS_WICbreastfeeding

Password: MichiganWIC!



BREASTFEEDING STAFF SPOTLIGHT

My name is Tosha Mason and I have been privileged to work for Public Health Delta & Menominee Counties for the past 5 1/2 years. I have five children ranging in age from two to nine years old. I have three girls and two boys. We live in the beautiful U.P. where we can enjoy and explore all the different seasons. When my husband and I are not working we are running our children to dance class, Sunday school, archery, horse riding lessons, baseball, softball, or swimming. On the weeks when we are not booked, we enjoy spending time out at our family camp with our kids relaxing, listening to music, cooking, and enjoying a warm fire. Two of my favorite hobbies are fishing with my husband and rock collecting with my kiddos! An interesting summer story, while trying to create an outdoor experience for my two youngest children, I decided to camp in a tent near our camp. To my sheer amazement and fear, I woke up to something large rubbing against our tent and making noise. I stepped out to see a large bear walking away from our tent. Needless to say, I will NEVER attempt camping outside again!



I work within the WIC office as a Senior Peer. I offer support and education to moms and families who are wanting to breastfeed or are actively breastfeeding. I find my passion in doing prenatal breastfeeding education. I firmly believe the sooner we can educate moms about breastfeeding, what to expect and what's normal, the more likely they are to achieve their breastfeeding goals. I tell every mother, "While breastfeeding may be natural, it's not always easy and that is okay!"

Having five children, all with different personalities, I have had unique breastfeeding journeys with each of them. With my first, I had little knowledge about breastfeeding. I breastfed her for a few weeks but was having immense pain and quickly transitioned to formula. During my second pregnancy I knew I was determined to make breastfeeding work. My breastfeeding journey with my second was a dream! We breastfed over three years, and I still cherish that bond I have with her. I expected my third breastfeeding journey to go as smooth as the second and it did not. He was failure to thrive and not gaining weight. After about six months of breastfeeding and donor milk we transitioned him to formula. He recently turned six and we just learned he has a severe tongue tie. He is having that revised this year in hopes that it will help with his speech. I started working as a peer when my third child was around nine months of age. I have since had two more children, one whom I nursed for two years and my last who I am still nursing.

While breastfeeding is a huge passion of mine, it is not why I became a Senior Peer Counselor. I wanted to make a difference in the lives of all moms and families. I wanted to connect with everyone! That's why when I am working in a WIC clinic, I find it so important to make connections with all mothers. I want to sit down and talk with all our expecting mothers whether they plan on breastfeeding, formula feeding or both. I congratulate all moms whether they are formula feeding or breastfeeding and try to sit down and talk to moms choosing either option. I use paced bottle feeding as an ice breaker with our formula moms. There are discussions with them about how they are doing and checking in to see how all our moms are emotionally. I remind moms to take care of themselves and to offer themselves grace. As a mom I know we are far too hard on ourselves. I want to be the support that families can always count on!

DEAR WINNIE

Dear Winnie,

How do I help a client who has *just* delivered and is struggling to remove milk from her breast? Their baby is struggling to latch, and pumping doesn't seem to be helping. They really want to breastfeed! Where do I start?

Signed,

Amazing Peer Counselor

Dear Amazing PC,

I can feel the anxiety and pressure in your words. The first few days after delivery can be a stressful and vulnerable time for parents and their babies, but they are also the most important. Let's start by helping your client to protect their milk supply. Luckily for them, they already have the tools they need ... their hands! Your best bet is to teach hand expression.

Set the tone of the discussion:

- Since your client is likely still in the hospital, support may be limited to phone or telehealth support. Keep your voice soft, gentle and relaxing.
- Stay positive and assure your client that they can do this.

Affirm your client's feelings with statements such as:

- "This is a time when many parents struggle with breastfeeding. We can figure this out together."

Use probing questions, such as:

- "Describe your hospital experience so far and how they have helped you with breastfeeding."
- "Tell me what you've heard about hand expression, if anything."

Then, ask permission to share information:

- "Hand expression may be a helpful solution while you are working on getting a good latch but may be difficult to describe over the phone. Would it be alright if I texted you a video?"

Resources:

- Milk Like Mine: Hand Expression [handout](#)
- Global Health Media: How to Express Breastmilk [video](#)
- Lactation Education Resources: Hand Expression [handout](#)
- Maya Bolman IBCLC: The Basics of Breast Massage and Hand Expression [video](#)

Life after delivery can be a roller coaster for many parents! Hand expression is a wonderful way to empty their breasts without the added stressors that pumps may have. Many peers have found it helpful to demonstrate or share resources on hand expression prenatally to prepare for possible emergencies such as this. Deep breaths! Your support means the world to them.

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 NEWS

The National WIC Association recently announced that they have been awarded a \$1.2 million dollar grant from the Walmart Foundation to support efforts in diversifying the WIC workforce. The three funded projects will include the following:

1. Increasing and diversifying credentialed professionals in WIC.
2. Creating career ladders for paraprofessionals in WIC to grow into professional roles within WIC. A couple of examples of WIC paraprofessionals are breastfeeding peer counselors and those serving solely in clerical or laboratory tech roles.
3. Providing in-depth equity, diversity, and inclusion (EDI) training for State and Local WIC staff and NWA staff and members of the Board of Directors, building on the work and promising practices identified in [Advancing Health Equity to Achieve Diversity and Inclusion \(AHEAD\) in WIC](#).

NWA will release multiple announcements in the near future providing WIC agencies with opportunities to receive funding and participate in the above projects.

More details about the [NWA's Walmart Foundation Awards can be found on NWA's website](#).



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.

ADVOCACY WORKS

It's the law now! The [PUMP for Nursing Mothers Act](#) (S. 1658/H.R. 3110) was signed into law December 29, 2022. It is landmark legislation and provides protection for breast/chestfeeding persons to be allowed time to pump milk for their babies. This was a long time coming with many advocacy efforts by many organizations including NWA, USBC, and MIBFN. What does this law mean for parents who want to express milk at work?

They now have the right to...

- Take break time and space to pump breastmilk at work, including teachers and nurses.
- Be paid for their milk-expression breaks.
- File a lawsuit against their employer for non-compliance.

2023 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
April			
April 3 - June 30	Conference	Gold Learning	Gold Lactation Conference 2023
April 4	12-1 p.m. EST Webinar	USLCA (United States Lactation Consultants Association)	Cultivating Peer support Groups the Benefit your families and Practice Jennifer Hafele M.Ed., IBCLC
April 9	7-8:15 p.m. CST Webinar	IABLE (Institute for the Advancement of Breastfeeding & Lactation Education)	Clinical Care Discussion Webinar: A Case of Nipple Pain During Lactation Due to Vasospasm Anne Eglash MD, IBCLC, FABM and Karen Bodner MD, IBCLC, FAAP, FABM
April 11	1-2 p.m. EST Webinar	NACCHO (National Association of County and City Health Officials)	Breastfeeding Champions as Community Changemakers
April 19	10-4 p.m. PST Hybrid	Breastfeed LA	Lactation Lab with Maya Bolman: Mammary Massage & More Maya Bolman RN, BS, BSN, IBCLC
April 19	12-1 p.m. CST Webinar	IABLE (Institute for the Advancement of Breastfeeding & Lactation Education)	Role of Prenatal and Postpartum Weight Changes and Breastfeeding in Postpartum Weight Retention and Child Adiposity Elizabeth Widen PhD, RD

2023 TRAINING OPPORTUNITIES

Date	Time	Organization	Title and Link
April continued			
April 25	8:30-10 a.m. Webinar	MAHEC (Mountain Area Health Education Center)	Hot Topics in Breastfeeding: The Feeding Journey of an Infant with Oral Restrictions Jill Johnston OTD
April 29	9-1 p.m. PST Webinar with Q&A	San Diego County Breastfeeding Coalition	Cannabis, Birth Trauma, Oxytocin & Stress: Impacts on pregnancy and lactation Kathleen Kendall Tackett PhD, IBCLC, FAPH
May			
May 1 - 4	TBA (in-person with hybrid option) San Diego, CA	National WIC Association	2023 Hybrid Annual Education and Training Conference and Exhibits <i>Riding the WIC Wave!</i> Registration deadline: April 21
May 23 - 24	7:30-6:15 p.m. Tuesday and 8:30 a.m. - 2:30 p.m. Wednesday. (in-person) EST Grand Rapids, MI	Michigan WIC	Michigan WIC Training and Education Conference <i>Reflect, Restore, Reboot</i> Registration deadline: April 24
June			
June 10	8:30-5 p.m. PST (Hybrid)	San Diego County Breastfeeding Coalition	Herbal Support for Lactation and Infants Malissa Cole MS, IBCLC, RLC
June 12	8:45-4:30 p.m. EST Webinar	MAHEC (Mountain Area Health Education Center)	Navigating Lactation Education and Support in the Clinic Setting Georganna Cogburn, MS RD LDN IBCLC RLC Sonja Emerson, MSN, MPH, RN, IBCLC Brandi A. Harrison, BS, IBCLC, CNA Ginger J. Poulton, MD

2023 TRAINING OPPORTUNITIES

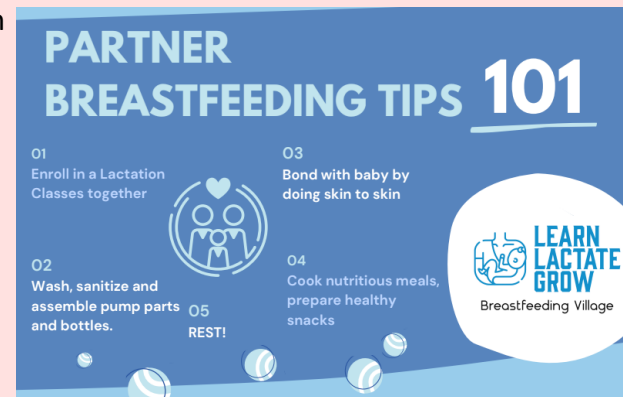
ARCHIVED WEBINARS
How to Support Families who Engage in Community Milk Sharing https://us02web.zoom.us/webinar/register/WN_wKaxaihZQ66nDfz76VWY1A Recording duration: 1 hour 31 minutes
Lactation, Contamination, and the American Formula Crisis Great Lakes Breastfeeding Webinars Tameka Jackson-Dyer, BASc, 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

EDUCATION RESOURCES FOR BLACK AND INDIGENOUS FAMILIES

The [Michigan Breastfeeding Network](#) recently released a collection of breastfeeding education resources developed by members of its Core Cohort of 10 Black and Indigenous breastfeeding supporters and organizations.

The goal of the [2022 Breastfeeding Education in Solidarity with BIPOC Families Project](#) was to create and share educational resources developed by community-rooted and clinically skilled Black and Indigenous lactation supporters for Black and Indigenous families. Topics covered include latch, milk supply, and pain, which were identified through PRAMS data as top reasons for why mothers stop breastfeeding in Michigan.

Learn more and download this resource [here](#).



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



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