

BREASTFEEDING Connections

May 2021

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. www.Michigan.gov/Wic

Special Foods and Local Herbs used to Enhance Milk Production in Ghana: Rate of Use and Belief of Efficacy

Reviewed by Jennifer Walker, CLC at Detroit Health Department

Not making enough milk to feed their babies is one of the most common worries of breastfeeding mothers. In many areas of Ghana, mothers have been using foods and herbs to help with lactagogue/galactagogues (prescription drugs, foods and herbs) that help increase milk production. A study was conducted in 2018, in two areas of Ghana, among 402 lactating mothers. Most of the mothers started using a galactagogue within the first 24 hours postpartum. Twenty of the women were selected for a focus group and answered questions for specific food and herbs that were used for lactation. It was found that supplemental foods and herbs were taken because of traditions handed down from grandmothers and female elders in the family. Mothers would often not seek advice from health care providers or breastfeeding professionals until after they had already started to use a galactagogue. Although there is no limited scientific research that supplements work, many parents believe that they do.

Just like in Ghana, mothers right here in the city of Detroit fear not making enough milk and start taking supplements soon after delivery. Mothers ask for lactation teas and milk supplements on their baby shower registries just in case they don't make enough milk. Some mothers ask for advice for building their milk supply on social media or when sharing with friends that have breastfed. Many start to use a supplement before they ask for assistance from a breastfeeding or medical professional.

Low milk supply is one of the most common issues that causes mothers to discontinue breastfeeding. Breastfeeding staff at WIC know that milk supply is primarily impacted by supply and demand. However, when supplements are used, mothers may initiate breastfeeding because they feel like they have something to help them with supply issues. WIC staff should not suggest mothers use supplements, however if a mother tells us that she is using them, it's helpful to encourage her to keep a food diary to keep track of everything that she ingests. She should also research the supplements to check for risks and side effects and talk to her medical provider. Breastfeeding is not always easy but having someone to encourage and support the mom's breastfeeding goals, can help improve the duration of breastfeeding.

Black, C., ZA. Bhutta, J., JW. Anderson, B., CG. Victora, B., K. Budzynska, Z., A. Mehta, A., KE. Panter, L. (2020, 16 November). Special foods and local herbs used to enhance BREASTMILK production in Ghana: Rate of use and beliefs of efficacy. <https://internationalbreastfeedingjournal.biomedcentral.com/articles/10.1186/s13006-020-00339-z>

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

Dear Winnie,

How do I help a mom who is having trouble latching her baby?

Signed, Michigan Peer Counselor Extraordinaire

Dear Michigan PC Extraordinaire,

Helping a mom to latch their baby is the most beautiful experience that a Peer can share with a mom. Never will you feel more fulfilled than when you see that ear to ear grin from a mom who, with your help, has just achieved her first pain-free latch. Here are some things to think about while lending a helping hand.

Set the tone of the discussion:

- Help mom feel at ease by establishing rapport. Chances are, in order to help with latch, you will want to observe mom attempt to latch her baby. It's important to gain mom's trust before this so mom feels comfortable and not tense.
- Ask questions in a calm, relaxed manner.
- Affirm nursing families for what they are doing right.

Affirm mom's feelings with statements, such as:

- "Trust your feelings and insights as a mother. You know your baby best."
- "I can tell you are worried about how nursing is going. I am here to help."
- "Finding the perfect latch is a very common struggle for nursing mothers. You are not alone."
- "No matter where your breastfeeding journey takes you, you are a wonderful mother."

Use reflective probing questions with mom, such as:

- "I'm so sorry you feel pain when latching your baby, how long has this been going on?"
- "I agree that the right latch technique is a challenge! Tell me about the techniques you've tried so far."

Use open-ended probing questions to clarify her concerns:

- "Tell me your thoughts as to why nursing is painful or uncomfortable."
- "What positions have you tried to help your baby latch?"
Request mom attempt to latch her baby while you observe (if she is comfortable)
- "Would you mind if I make a slight adjustment? Tell me how baby's latch feels now."

Helpful tips for mom:

- If getting a good latch is proving difficult and stressful, try a starter position:
 - ◇ Get comfortable. Choose a bed, sofa or recliner where you can lean back and rest your baby on your body comfortably.
 - ◇ Position your baby between your breasts and allow your baby to wake skin-to-skin. Holding your baby this way is one of the best ways to make breastfeeding easy!
 - ◇ Be patient. While skin-to-skin, your baby's inborn reflexes will kick-in and your little one will slowly begin to move towards your breast. Your baby can find your nipple and latch-on all on their own. Let your baby lead the way, you'll be surprised what they can do!
 - ◇ Let skin-to-skin contact work its magic. Not only does it keep baby warm, the smell and feel of the breast encourage your baby to locate the breast and begin feeding.
- You will know if your baby is latched on well when:
 - ◇ Nose and chin are touching or nearly touching your breast
 - ◇ Baby's lips are flanged
 - ◇ You can hear baby swallowing
 - ◇ You feel gentle tugs and no pain!
- If your latch is painful, don't lose hope. Gently place your finger into the baby's mouth between baby's gums to release the latch and try again.

Don't be surprised if you come across some interesting latch positions. The best position is the position that achieves a comfortable latch. What works for one mom and baby may not work well for another mom and baby. If baby is transferring milk and gaining weight well, and mom is not experiencing pain, then latch and positioning are perfect.

Great resources for studying the above issues further:

- *Breastfeeding Answers: A Guide for Helping Families*, by Nancy Mohrbacher
- *The Womanly Art of Breastfeeding (La Leche League)*
- *Breastfeeding: A Parent's Guide*, by Amy Spangler
- [Natural Breastfeeding](#) for an easier start
- WIC Breastfeeding [videos](#) on latches and holds
- WIC Breastfeeding steps and signs of a [good latch](#)

Achieving a good latch may very well be the biggest hurdle a nursing mom can face. Your passion, support and encouragement can and will make all the difference. Keep up the great work you do every single day!

Your Breastfeeding Partner,
Winnie

Listen, Observe, Validate, Empower.

Winnie retired in March after being part of the WIC peer counseling program since 2001 when she first joined Michigan State Extension in Monroe county as a Breastfeeding Initiative Peer Counselor. Over the course of the last 20 years, Winnie's role has changed but her dedication to moms, babies and families has remained steadfast.

We will miss her witty personality, positive outlook and kind words she always had for us.

As we look for Winnie's replacement the rest of the LC team and state staff are available to answer questions and support PC mentoring needs. Please reach out to Dionne mooresmithD@michigan.gov or any one of the LC team.

We wish Winnie the best in her future endeavor and look forward to hearing of her new adventures.

NEW BREAST PUMPS COMING TO AN AGENCY NEAR YOU

ARDO Pumps:

- Calypso Pro: Multiple User
- Calypso Essentials: Single User

Ameda Pump:

- Mya Joy: Newest Single User Ameda option, replacing the Finesse

Hygeia:

- Hygeia One-Hand Manual pump, replacing the EnHande manual pump

Medela:

- Pump In Style with MaxFlow breast pump: Single User, replacing the Personal Double pump

*We have updated the website with educational tools (instructions/videos) to enhance your education about these pumps, in addition to Breast Pump presentations at our Breastfeeding Workgroup meetings.

Other questions, contact Dionne Moore-Smith mooresmithD@michigan.gov



The National Safe to Sleep® Campaign has a few videos about breastfeeding and preparing the bed for the possibility you may fall asleep

<https://safetosleep.nichd.nih.gov/resources/caregivers/breastfeeding>

COFFECTIVE CORNER

Spring is time for new beginnings and renewals!

Building referral networks is a great way to start! The Michigan WIC program is contracting with Coffective again this year to offer one-on-one guidance on building referral networks and collaborating more efficiently across community partners. Coordination coaching can help you...

- Identify potential community partners and set up collaborating meetings.
- Learn about services, priority areas, and referral opportunities.
- Access tools for creating consistent messaging and increasing referrals.

Coaching Highlight

Grand Traverse County WIC Breastfeeding Peer Counselor, Elizabeth Stelzer and Michigan's Coffective Community Coach, Mistel de Varona recently met virtually to discuss the agency's successes and future goals. Grand Traverse County WIC has strong partnerships with community partners including their local birthing hospital. They also have a newly formed breastfeeding coalition that was going strong until the pandemic prevented continuing to meet in person and shifted staff priorities. Elizabeth and Mistel brainstormed strategies to renew community partnerships and the breastfeeding coalition. A follow up call is planned to include the WIC Coordinator to determine next steps to begin the renewal. Through this productive conversation, Coffective coaching supported this WIC agency in identifying community partners to reconnect with and determine next steps!

For more information on how to get started on building your referral networks contact Whitney Jackson at JacksonW6@michigan.gov.

What else is happening in 2021...

The Michigan WIC program was awarded funding to continue efforts to convene maternal and child health partners to build sustainable collaborative partnerships and identify existing initiatives, policies, and practices to maximize resources that help coordination efforts at the state and local level. Look for more updates as we engage in this process.

Happy Spring! Coffective looks forward to supporting your new beginnings or renewals!



Nice to meet you!

AAP PHYSICIAN EDUCATION & TRAINING ON BREASTFEEDING

Physicians and other healthcare providers working in maternal and child health (obstetrics, pediatrics, family practice) need knowledge and skills in breastfeeding management to best support their patients. To increase breastfeeding-related physician education and training, the Centers for Disease Control and Prevention (CDC) funded the American Academy of Pediatrics (AAP) to implement the [Physician Engagement and Training Focused on Breastfeeding Project](#). The goals of this project are to:

- Increase the availability and accessibility of medical provider education and training related to breastfeeding.
- Improve capacity of medical providers to facilitate the safe implementation of evidence-based maternity care practices at the hospital level and within their practices, and to promote continuity of breastfeeding-related care in their communities.

There are many resources available on this page that you may want to check out.



Boozhoo/Greetings,

I am Lindsey McGahey IBC, IFSD. I have had the honor of serving my community as a Breastfeeding Peer for the Chippewa County Health Department in Sault Ste. Marie for a little over 3 years. As a mother of two with two very different breastfeeding journeys spanning almost 4 consecutive years of lactation, I became fixated on evidence-based lactation information. I experienced countless tribulations alongside triumphs but through WIC and self-help, my experience in nursing was rich and rewarding. In actuality, apart from WIC and the MIHP program, my community fell far short of breastfeeding support and advocacy. This became my motive to begin supporting and teaching other families that breastfeeding is advantageous in its impacts on baby as well as mom with the benefits proving to be lifelong. My passion for teaching scrupulous, fact-based information within my community turned into a position with WIC. Working with WIC has become one of the greatest opportunities in my life, conditioning my future career and acting as a pilot to my purpose. The experiences that have felt most fulfilling as a peer have been serving as a pillar of support for families who need it most. In precedence, as Anishinaabekwe, my greatest honor is serving our Indigenous community. When I was presented with the option to become a CLC, I chose to become an IBC (Indigenous Breastfeeding Counselor). This is a certification for Indigenous peoples that is all inclusive to traditional education to better serve their communities. With an educational background on historical trauma and its implications on breastfeeding I feel equipped to serve my community in an inclusive, culturally sensitive way.



My identity is Anishinaabekwe (Crane Clan) as well as Gaelic descendent. Outside of WIC, I study and practice traditional care for lactating and birthing people, families, and persons with individual reproductive needs on a full spectrum of support as a doula. I am certified as an Indigenous Full Spectrum Doula and Indigenous Breastfeeding Counselor while prospectively working towards a Birth Education certification and on to beginning certification to become a Sexual Assault Survivor counselor. My specialties are in lactation and traditional postpartum support. My dream is to serve full time as a doula, IBC, birth, and postpartum educator while serving my tribe and surrounding nations, BIPOC, and the LGBTQIA+ and two spirit community. I am the organizer for our local Big Latch On event and secretary of the Breastfeeding Education Support Team coalition (B.E.S.T.). I spend all my free time with my two children who are my entire world. I attribute most of my passion, fire and knowledge to my sons who have been my greatest teachers since they were born earthside. Our interests include anything in the outdoors especially when the medium is forest and water.

NEWBORN WEIGHT TOOL

Newt is the first tool that allows pediatric healthcare providers and parents to see how a newborn's weight during the first days and weeks following childbirth compares with a large sample of newborns, which can help with early identification of weight loss and weight gain issues.

Access the Newt website [here](#)

TRAINING OPPORTUNITIES

DATE	TIME	ORGANIZATION	TITLE	LINK
Aug. 30- Sep. 2, 2021 Registration opens January 2021	In-Person and On-Line Conference	International Lactation Consultants Association (ILCA)	ILCA Annual Conference	https://ilca.org/ilca2021/
May 2021				
May 4-6, 2021	Virtual training: 8:30 AM - 12:30 PM	MDHHS-WIC	Breastfeeding Basics All staff attend the first two days of training together. The third day of training (for PC/CPA/ others) will focus on clinical skills.	https://miwicevents.com/
May 18, 2021	8:00 AM EST Watch anytime, up to 1 year after initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	The Importance of Black Doulas in Pursuit to Black Maternal/Infant Health Equity Kiara Baskin, CLC, CD (ProDoula)	https://www.mibreastfeeding.org/webinars/
June 2021				
June 2-3, 2021	Virtual 2-day Conference.	MDHHS-WIC	Michigan WIC Conference	https://miwicconference.com/
June 9-11, 2021	Virtual 3-day Conference.	United States Breastfeeding Committee (USBC)	National Breastfeeding Conference and Convening Online	http://www.usbreastfeeding.org/p/cm/ld/fid=45
June 15, 2021	8:00 AM EST Watch anytime, up to 1 year after initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Water is Life: Teaching about Water, Body, and Human Milk from an Indigenous Birth Keeper's Perspective Beth Moody, RN, MSN, CNM	https://www.mibreastfeeding.org/webinars/
July 2021				
July 20, 2021	8:00 AM EST Watch anytime, up to 1 year after initial air date.	Michigan Breastfeeding Network- Great Lakes Breastfeeding Webinar. (FREE)	Breastfeeding Fundamentals & the Workplace Tameka White, CLS	https://www.mibreastfeeding.org/webinars/

EQUITY AND DIVERSITY STATE UPDATES

- The MDHHS WIC Division's DEI Committee is committed to lifting up diversity and celebrating it. We plan to recognize the following at our WIC Division meeting in May: Asian Pacific American Heritage Month. The WIC Division's DEI Committee is also working alongside MDHHS's Bureau of Health and Wellness Health Equity Council to allocate resources where most needed, provide data-driven decision making, be involved in mutually-beneficial community engagement and partnerships, and build accountability structures and leadership development; all to help advance racial diversity within the department/division and health equity within the communities served.
- The NWA office recently sent out an AHEAD In WIC Survey to conduct a landscape scan to identify promising health equity practices. State and local WIC agencies were encouraged to participate and results will be shared in the near future.
- Stay tuned for activities aimed at WIC Breastfeeding Staff (Breastfeeding Peers, IBCLCs, and other breastfeeding staff) identifying with a community of color or other marginalized community to engage with the State WIC office. Conversations surrounding the pandemic, its effect on such communities, and Native and Black Breastfeeding Week recognitions (in August) are planned to be topics of discussion. The first meeting is planned for late May and if you are interested in being a part of these important conversations and identify as belonging to one of these communities, email Dionne Moore-Smith: mooresmithD@michigan.gov for more details.



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Questions/Comments
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Recent Book Shipment!

Did everybody receive their Medications and Mother's Milk books? They were mailed in March but we fear some clinics didn't receive them.

Please email Marji at CyrulM@michigan.gov if you did not receive your books.

SARS-COV-2 ANTIBODIES DETECTED IN HUMAN BREAST MILK POST-VACCINATION

Importance The SARS-CoV-2 pandemic has infected over a hundred million people worldwide, with almost 2.5 million deaths at the date of this publication. In the United States, Pfizer-BioNTech and Moderna vaccines were first administered to the public starting in December 2020, and no lactating women were included in the initial trials of safety/efficacy. Research on SARS-CoV-2 vaccination in lactating women and the potential transmission of passive immunity to the infant through breast milk is needed to guide patients, clinicians and policy makers during the worldwide effort to curb the spread of this virus.

Objective To determine whether SARS-CoV-2 specific immunoglobins are found in breast milk post-vaccination, and to characterize the time course and types of immunoglobulins present.

Participants Six lactating women who planned to receive both doses of the Pfizer-BioNTech or Moderna vaccine between December 2020 and January 2021. Breast milk samples were collected pre-vaccination and at 11 additional timepoints, with the last sample collected 14 days after the 2nd dose of vaccine.

Exposure Two doses of Pfizer-BioNTech or Moderna SARS-CoV-2 vaccine.

Main Outcomes Levels of SARS-CoV-2 specific IgA and IgG immunoglobulins in breast milk.

Results In this cohort of 6 lactating women who received 2 doses of SARS-CoV-2 vaccine, we observed significantly elevated levels of SARS-CoV-2 specific IgG and IgA antibodies in breast milk beginning at Day 7 after the initial vaccine dose, with an IgG-dominant response.

Baird, J. K., Jensen, S. M., Urba, W., Fox, B. A., & Baird, J. R. (2021). SARS-CoV-2 antibodies detected in human breast milk postvaccination. *medRxiv*.