



BREASTFEEDING SUPPORT

How to best support in the face of a Global Pandemic



Objectives

- Historical Trauma
- COVID-19
- Support
- M.O.T



HISTORICAL TRAUMA

“Historical Trauma is trauma upon trauma that occurs in history to a specific group of people causing emotional and mental wounding both during their lives and the generations that follow.” (Native American Children and Family Services Training Institute 1999)

“Historical trauma is the cumulative emotional and psychological wounding over the lifespan and across generations emanating from massive group experiences.” (M. Yellow Horse Braveheart, 2003)



The Trauma Endured



Children stolen



Loss of native tongue



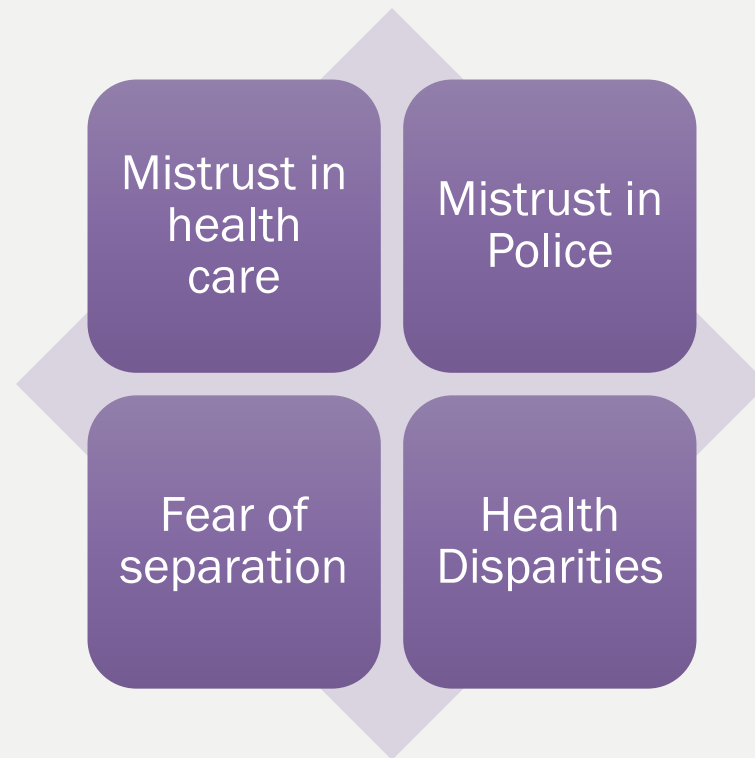
Forced to lose their cultural heritage



Enforced Wet-Nursing



Effects of Trauma





COVID-19





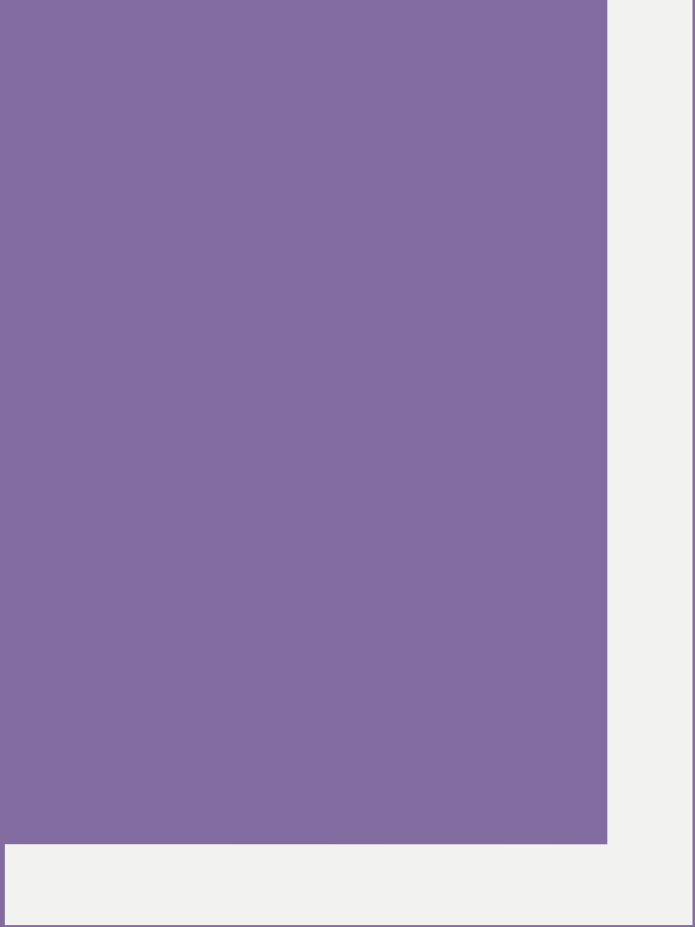
COVID-19

Separation of mom and baby in hospital

Magical Hour

Crucial for Sustaining breastfeeding

Breastmilk has not been proven to transmit COVID-19



VIRTUAL SUPPORT



What Support Looks Like

- Listen for understanding
- Never assume
- Meet them at their level
- Find Resources that best fit their wants and needs
- Be patient
- Be encouraging
- Be flexible
- Be empathetic
- Link families to local support groups
- Be kind



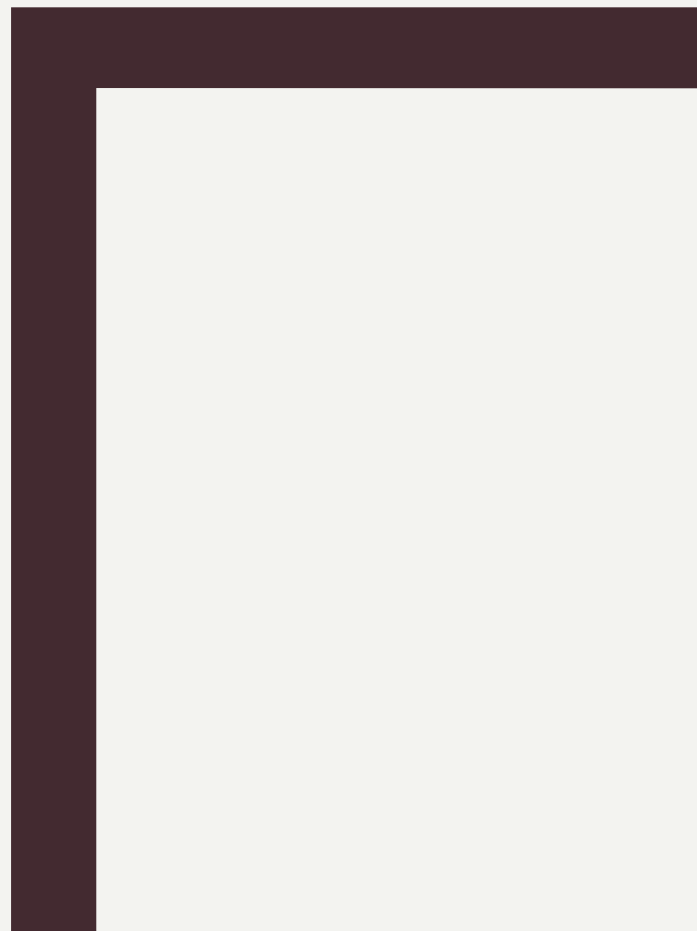
Resources Available

- Michigan Breastfeeding Network: www.mibreastfeeding.org
- MDHHS
- UPHP
- Milk Like Mine: Battle Creek, MI www.milklikemine.com
- YOLO (You Over Coming Lactation Obstacles): Genesee County
- Southeast Michigan IBCLCs of Color



The State of Michigan Breastfeeding Plan

- Plan 2017-2019
- Currently working on implementation
- 2021-2024



M.O.T





Professional and Personal Experience



Early
Childhood



27 weeker
Twins



NICU
Breastfeeding



Mother of a
Newborn



My village



QUESTIONS?





State of Michigan Breastfeeding Coordinator



Shatoria Townsend MPH, CLC

Michigan Department of Health and Human Services

Division of Maternal and Infant Health

TownsendS2@Michigan.gov

Cell: 517-898-2712