

# Perinatal Outreach Breastfeeding Newsletter

ISSUE 1

January 2019

## Maine's Breastfeeding Goals & Resources

By Kara Kaikini

Hello! My name is Kara Kaikini and I am the Breastfeeding Consultant for the Perinatal Outreach Education & Consultation Services Grant.

My role within this grant has two components:

1. Supporting breastfeeding quality improvement initiatives in Maine to **increase prenatal breastfeeding education, breastfeeding initiation, and exclusive breastfeeding through 6 months.**
2. Helping **you** meet **your** goals in improving the breastfeeding support and services you provide for new moms and babies.



**Breastfeeding Goals** for the Grant over the next 18 months are to:

- **Increase % of infants ever breastfed** (from 85.3%, according to the 2018 CDC BF Report Card)
- **Increase % of infants exclusively breastfed at 6 months** (from 34.1%, 2018 CDC BF Report Card)
- **Increase # of milk depots** (currently 2 in Maine)
- **Increase access to Pasteurized Donor Human Milk (PDHM) in Level 1/2 nurseries for medically-indicated supplementation** (currently 1 or 2 in Maine: MMC and CMMC?)

Stay tuned for regular newsletters and educational opportunities, and contact me anytime with any questions!

~Kara Kaikini, MS, IBCLC

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# CONTINUING EDUCATION

- [Center for Breastfeeding Certified Lactation Counselor \(CLC\) Trainings](#)
- [Top 10 Journal of Human Lactation articles of 2018](#)
- [United States Lactation Consultant Association Recorded Webinars](#) (wide-range of excellent webinars; pricing available for members and non-members)
- [B.E.S.T. Connection Breastfeeding Conference](#): May 2-3, 2019, Portland Marriott at Sable Oaks, South Portland

- [Pediatric Collections: Breastfeeding: Support, Challenges, and Benefits](#)

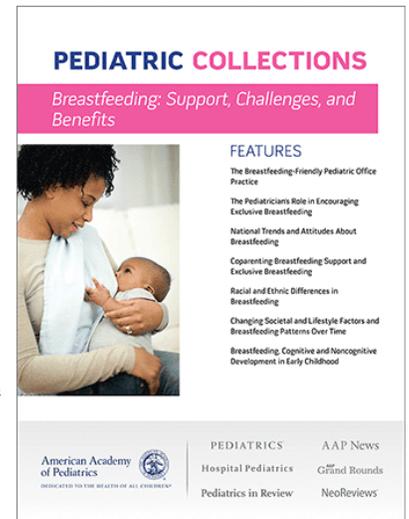
Paperback - 168 pages

APC010, ISBN 978-1-61002-184-5

Price: \$49 Member Price: \$39

**Save 20% with promo code APC20 through February 1, 2019.**

Optimal breastfeeding practices save lives and have profound significance on an individual's health for their entire life. This collection offers the latest information to understand the challenges that breastfeeding mothers face and to support them. Other topics covered include cultural disparities and changing societal and lifestyle factors that affect breastfeeding patterns. This collection will help caregivers to better educate parents on the multitude of benefits for breastfeeding including disease reduction and cognitive and developmental advantages.



- [Motivational Interviewing 2-Day Trainings](#) (various dates and locations in Maine)
- Perinatal Outreach Quarterly Training Recorded Webinar (from 12/11/18): [“Supporting Breastfeeding Families with Substance Use Disorder”](#)

# NEW RESEARCH

## [Opiates in Breast Milk: Pharmacokinetic Principles and Clinical Implications](#)

*The Journal of Clinical Pharmacology* 2018, 58(S10) S151-S163

“Breastfeeding mothers who use narcotics for pain control are advised to limit around-the-clock pain medication to 2-3 days, to prevent infant sedation and respiratory depression. Breastfeeding mothers who were opiate dependent during pregnancy may use methadone or buprenorphine with close infant follow up.”

Read More [here](#) and consider signing up for [IABLE](#)'s newsletters and LACTFACTS.

IABLE is a nonprofit organization whose mission is to optimize the promotion and support of breastfeeding for families in the outpatient sector. IABLE is dedicated to building Breastfeeding Friendly Medical Systems and Communities.

## PARENT PEARL

### What was the most helpful support or education you received from a healthcare provider about breastfeeding?

“Honestly in the beginning I was clueless! It was the lactation consultants that would come to my room and show me how to latch my daughter. They were LIFE SAVERS!!! It was painful and emotional for me because I’d dreamed about breastfeeding for so long (since the death of my first child in 2015) and I felt like I was failing my rainbow baby at the beginning. I had a lot of physical pain because of my daughter’s latch. Going to the breastfeeding support groups and finding out I wasn’t alone in my feelings gave me the confidence to keep going. Had it not been for the support of the staff and the other women at the support group I’m not sure I would have continued to breast feed. I’ve now breastfed my daughter for 6 months and I am so proud. I love our nursing time and what my body is able to do for her. She loves our nursing time and the bond we have. It is the most joy I’ve ever felt and I’m so thankful the support groups and lactation staff helped me through those rocky first months.”

~ Joan Baldwin and baby Vera



## FOR MORE INFORMATION

If you have any questions, requests for specific education, or something you’d like to include in a future newsletter, please contact us!

Also, if you received this email from a colleague and would like to be added to the distribution list, please contact Kara.

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