

# Perinatal Outreach Breastfeeding Newsletter

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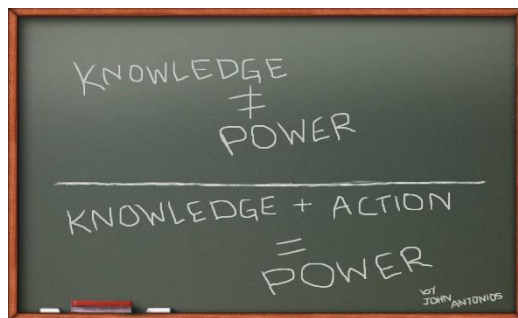
## Prenatal Education

By Kara Kaikini

Numerous pieces of published research show that prenatal breastfeeding education increases breastfeeding exclusivity and duration. A Journal of Perinatal Education article about [mother's feeding choices](#) stated:

“Health professionals caring for mothers and infants need to support and encourage the use of breastmilk as the major source of infant nutrition and be competent in providing assistance to support breastfeeding. **World consistent education, involvement of significant others, and support from health-care professionals are all necessary in the promotion of exclusive and sustained breastfeeding.**”

Step #3 of the [Ten Steps to Successful Breastfeeding](#) is to “**Inform all pregnant women about the benefits and management of breastfeeding.**” In [ACOG's “The Physician's Role to Support Breastfeeding”](#) they state, “physicians should be at the forefront of policy efforts to enable and encourage families to breastfeed, whether through **individual patient education**, changes in hospital practices (such as implementation of the *Ten Steps to Successful Breastfeeding*), community efforts, or legislation to ensure uniform and comprehensive breastfeeding support.”



You may also subscribe to the adage “Knowledge is power” because you’ve seen the positive impact education can have on families and their experiences. Not only can access to quality and accurate information save lives, it can empower people, too. Now, let’s use *our* knowledge and take action to fully utilize and transfer our power to the parents we work with.



As always, please contact me anytime with any questions,

~Kara Kaikini, MS, IBCLC

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# COVID-19 & BREASTFEEDING



The Maine State Breastfeeding Coalition has COVID-19 resources on their website.

Stay informed here: <http://www.mainebreastfeeds.org/covid19-and-breastfeeding>

## Latest research on SARS-CoV-2 and breastmilk:

- “SARS-CoV-2 RNA does not represent replication-competent virus and that breastmilk itself is likely not a source of infection for the infant.”
  - *Evaluation of SARS-CoV-2 in Breastmilk from 18 Infected Women*  
Christina D Chambers, Paul Krogstad, Kerri Bertrand, Deisy Contreras, Lars Bode, Nicole Tobin, Grace Aldrovandi  
doi: <https://doi.org/10.1101/2020.06.12>
- “There is strong sIgA-dominant SARS-CoV-2 immune response in human milk after infection in the majority of individuals.”
  - *Evidence of a significant secretory-IgA-dominant SARS-CoV-2 immune response in human milk following recovery from COVID-19*  
Alisa Fox, Jessica Marino, Fatima Amanat, Florian Krammer, Jennifer Hahn-Holbrook, Susan Zolla-Pazner, Rebecca L Powell  
doi: <https://doi.org/10.1101/2020.05.04.20089995.20127944>

## COVID-19 Resources in Other Languages

Maine Access Immigrant Network (videos in other languages about Staying at Home)

<https://www.youtube.com/channel/UCYfVuMLfbACy6RGra8qeNw/videos>

This incredible site out of Portland- many resources in many languages:

<https://www.portlandofopportunity.com/covid19>

The Maine CDC Novel Coronavirus 2019 page has a section to “Download Factsheets and Translated Materials”, many of which are from the US CDC, but there are additional resources also:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

Maine.gov also has a google translate option at the top right of the page with lots of language options:

<https://www.maine.gov/covid19/>

The federal CDC also has resources in multiple languages:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

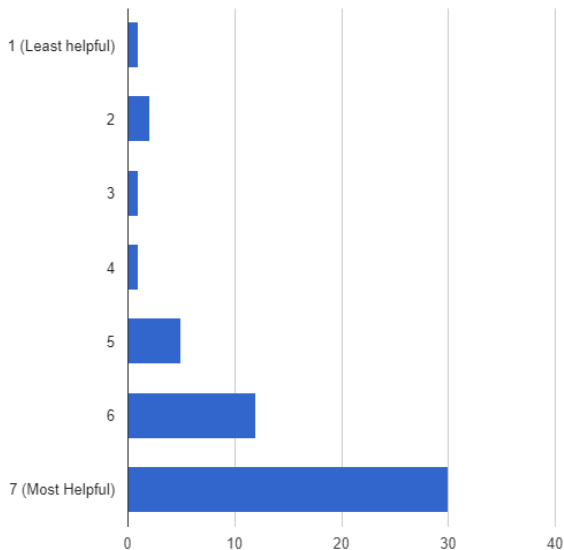
# PRENATAL EDUCATION SURVEY RESULTS

You may remember participating in a survey about prenatal breastfeeding education prior to COVID-19. A similar survey was sent to parent groups throughout Maine. Below is a summary of the **Parent Survey results**. I'll share the Provider Survey results in the next newsletter. Stay tuned!

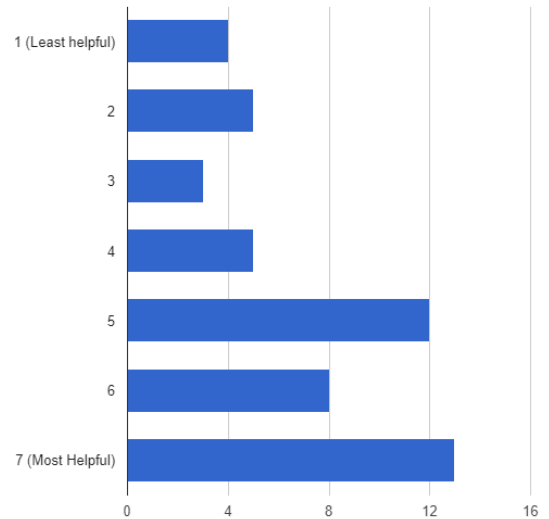
## Parent Survey

- 53 respondents from 11 Maine counties
- 77% of respondents said their preferred method of receiving information is through **conversations with their healthcare providers**.
- The next preferred methods were educational handouts and prenatal classes (41% each).

Information via Conversation  
with Provider



Information via Educational  
Handout/Booklet



### Most common helpful topics parents learned about:

- Who to call if I had problems with breastfeeding
- Benefits of breastfeeding/breast milk
- How to get breastfeeding off to a good start
- How to know if baby was getting enough
- How to position and latch baby
- Feeding cues
- Importance of exclusive breastfeeding for first 6 months

### What they wished they learned more about:

- How/When to pump
- Preventing/treating potential breastfeeding challenges
- Returning to work
- Normal baby behavior

Breast-Feeding Positions



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**“If you could recommend providers do one thing when teaching new or expectant families about breastfeeding, what would it be?”**

- **Supporting Mom through breastfeeding challenges**

- Not vilifying formula
- Prioritize mom’s mental health
- Reduce pressure
- Remind her to be patient, it’s a learning process for everyone
- All or nothing mentality is detrimental
- Provide helpful resources, community resources
  - Need access to telehealth options
- Help create postpartum plan

- **Pumping**

*“There is a lot of focus on actual breastfeeding. There should be more info surrounding pumping and what happens when breastfeeding may not work.”*

- How to use
- Return to work
- Storing
- Pumping and dumping- when necessary

- **Realities of exclusive breast feeding**

*“Having a good and multiple discussions about how challenging but beneficial it will be and reviewing all the resources and options that are available.”*

- Frequency of eating- not a predictable pattern, time consuming, cluster feeding
- How hard first few weeks are, but beneficial it will be
- When milk will come in
- Troubleshooting
- Normal to feel overwhelmed and discouraged

- **Other comments**

- *“I’m in the healthcare profession. It seemed that everyone (OB, lactation, postpartum RN) assumed I knew all the information listed above. Unfortunately, I found myself search kellymom.com and talking to friends about their experience. I didn’t have any clue what pumping was like or how often to do it when I returned to work, how I was supposed to store breastmilk and how much was normal to pump and feed my baby.”*
- *“Support mothers who struggle and need to supplement. The all or nothing mentality is detrimental to early breastfeeding. If I had listened, I would have quit breastfeeding.”*
- *“I think they need to be more realistic on how time consuming it is for the mother and letting them know it is normal for babies to eat so often. Everyone hears 2-3 hours, but not all babies go that long especially during cluster feeding, and that doesn’t mean you aren’t making enough for the baby, I think a lot of people are undereducated in that which is why a lot of moms supplement with formula.”*
- *“Really hammer home normal baby behavior, especially cluster feeding/ importance of feeding on demand. Even though I knew about cluster feeding, on night 5 or so of cluster feeding I couldn’t help but wonder if it was normal.”*



## CONTINUING EDUCATION

### Let's Talk Lactation: Expert Answers to Your Professional Practice Questions

Have you ever wished you could sit down with one of the leaders of the lactation field and ask them all your questions? Well, here's your chance!

We're excited to offer this opportunity to benefit from the extensive knowledge and experience of Barbara Wilson-Clay, co-author of "The Breastfeeding Atlas", during a free question and answer session. This is your chance to explore everything from how to present information in sensitive situations, identifying and managing difficult breastfeeding problems, community advocacy strategies, practice ethics and more. Join us live on August 5th and bring your questions to the interactive webinar "Let's Talk Lactation: Expert Answers to Your Professional Practice Questions"! Contribute to the interactive live session before you attend: [fill out your Pre-Webinar Questionnaire through this form](#).

This webinar is has applied for 1 L-CERP and will be live on August 5th at 8pm UTC / 1pm PDT / 4 pm EDT.

<https://www.goldlearning.com/ce-library/upcoming-live-webinars/lets-talk-questions-you-have-always-wanted-to-ask-detail#>

- [Center for Breastfeeding Certified Lactation Counselor \(CLC\) Trainings](#)
  - Online Courses available now: <https://centerforbreastfeeding.org/lactation-counselor-training-course-now-available-online/>
  - Follow their COVID-19 updates here: <https://centerforbreastfeeding.org/covid-19-update/>
- [B.E.S.T. Connection Breastfeeding Conference](#), Sept 17-18, 2020. Click [here](#) for online registration.
- **SAVE THE DATE:** Maine CDC Maternal Child Health Substance Exposed Infant Conference, September 29 & 30, 2020, Ramada Inn, Lewiston
- [Maine AAP Annual Conference](#): September 26 & 27, 2020
- [United States Lactation Consultant Association Recorded Webinars](#) (wide-range of excellent webinars; pricing available for members and non-members)
- [Lactation Education Resources](#): Lactation Management Training: From Novice to Expert
- [Health e-learning](#): The International Institute of Human Lactation Inc; CERPs, free lectures, etc.

## 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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