

Perinatal Outreach Breastfeeding Newsletter

ISSUE 3

May 2019

Breastfeeding in Maine

By Kara Kaikini

We have much to celebrate in Maine! According to the CDC Breastfeeding Report Card data our breastfeeding rates have surpassed the Healthy People 2020 goals. (We will share the HP2030 Objectives as soon as they are published.) We are also seeing more access to breast milk through Pasteurized Donor Human Milk, and more people continuing their education and engaging in conversations about how to best support breastfeeding mothers and babies. Thank YOU for all you have done to make this happen!

Current BF data for Maine

HP2020 Maternal Infant and Child Health (MICH) Objectives (To increase the proportion of...)	HP 2020 Goal	Maine (2013)	Maine (2014)	Maine (2016)	Maine (2018)
Infants who are breastfed EVER	81.9	75.4	81.7	86.6	85.3
Infants who are breastfed for 6 months (at all)	60.6	48.9	50.5	61.1	62.1
Infants who are breastfed for 12 months (at all)	34.1	27.9	29.2	42.2	41.8
Infants who are breastfed for 3 months (exclusively)	46.2	46.2	48.6	53.7	52.5
Infants who are breastfed for 6 months (exclusively)	25.5	22.9	24.7	32.0	34.1
<u>Reduce the proportion of</u> breastfed newborns who receive formula supplementation within the first 2 days of life	14.2	12.7	16.7	9.4	13.3
Percent of Live Births Occurring at Baby- Friendly Facilities	-	28.24	27.56	19.40	18.4
Number of CLCs per 1,000 births	-	-	22.14	28.64	-
Number of IBCLCs per 1,000 births	-	6.30	6.08	7.14	-

While we celebrate our progress, we will continue to move forward to increase the exclusivity and duration of breast milk feeding. We look forward to working with you to achieve the evidence-based goals of HealthyPeople.gov, the state of Maine, your organization, and most importantly, the goals of the families we all work with. We'd love to hear your ideas and how we can help achieve these goals. Let's [talk!](#)



~Kara Kaikini, MS, IBCLC
Breastfeeding Consultant
Maine CDC Maternal Child Health Perinatal Outreach Education & Consultation Services
Kaikik@mmc.org

Please share this newsletter with your colleagues!

CONTINUING EDUCATION

In Person

- [Center for Breastfeeding Certified Lactation Counselor \(CLC\) Trainings](#)
 - November 11 – 15, 2019
St. Mary's, Lewiston, ME
- [GPS \(Group Peer Support\) Training](#)
 - GPS Group Peer Support for Parents© is an evidence-informed group model that will give you the map to support parents in your community.
 - June 6 & 7, 2019
South Portland, ME
([email](#) to inquire about scholarships)
- [B.E.S.T. Connection Conference](#)
 - September 12-13, 2019
Portland, ME
- [Massachusetts Lactation Consultant Association Conference](#)
 - November 2, 2019
Tufts Medical Center, Boston, MA

Online Conferences, presentations, courses, and CERPS!

- [United States Lactation Consultant Association Recorded Webinars](#) (wide-range of excellent webinars; pricing available for members and non-members)
- [iLactation Online conference](#): Online presentations
- [Gold Learning Online Continuing Education](#): So many CERPS! Search by date, # of credits, and price
- [Lactation Education Resources](#): Online courses, conferences, and CERPS

PRACTICE PEARL

“We have implemented Kangaroo Care (KC) as normal practice in both vaginal and cesarean deliveries, and continue KC and education through the postpartum period. We have experienced babies independently seek the breast and latch shortly after delivery, and have had mothers decide to give breastfeeding a chance when they had previously intended to formula feed. We are thrilled with the results we are seeing.”



Sarah Hand, RN, BSN, IBCLC, CCE
Coordinator, Lactation and Perinatal Education
Women & Infant's Services
Northern Light Eastern Maine Medical Center

PARENT PEARL

“A year ago, my son Stellan was born on a Saturday and we were discharged from the hospital on a Monday. That first night home, Stellan was up all night and I was exhausted from the sleepless hospital stay and child birth. I felt like I had no clue what I was doing. The next day, I made myself and Stellan go to the breastfeeding support group. I was at my complete most vulnerable places and these mothers embraced me! Tuesday afternoons at group seemed to be the only thing consistent in our lives, it also made us get out of the house too. We made connections with other moms and babies and still stay in touch; we found our tribe. I think finding like-minded people along this motherhood journey is so important. I'd be lost without the support I received!

I thought breastfeeding was this “natural” thing and it was HARD at the beginning! It was painful. Stellan's latch felt like a snapping turtle. Stellan liked turn his head to one side and could take 20 minutes to latch. I also retained water around my breasts and had to nurse, pump, then ice 20 minutes every 2 hours. We got through it! We had other hiccups along the way like biting and distractions and we got through those too. We now just passed a year on our breastfeeding journey! We have come so far! I really enjoy that special time and bond Stellan and I have together!”

~Shawna, mom to 1 year old Stellan



Maine has 3 new Milk Depots opening this month!
Check out the [WABI](#) and [News Center Maine](#) news coverage of the Pen Bay and Waldo openings.



Pen Bay Medical Center
MaineHealth

To learn more, contact the OB/GYN Unit at
(207)301-8343 and ask for the lactation consultant.



Waldo County General Hospital
MaineHealth

To learn more, contact the Women and
Infants Health Care Unit at (207)505-4140
and ask for lactation.



Friday, May 31, 2019
6:00 pm
Southern Maine Milk Depot
at Metta Studios
40 Main Street, Suite 136, Biddeford, ME
To learn more, call Donna at (207)324-3442.

Want to know more about how to open a Depot? Check out the very helpful information at the [Mothers' Milk Bank Northeast's website](#), or contact [Cynthia Cohen](#) with ANY questions at any time.

Are you in the process of opening a Depot? Please [share!](#)

FOR MORE INFORMATION

Kara Kaikini, MS, IBCLC, Breastfeeding Consultant, kaikik@mmc.org

Kelley Bowden, MS, RN, Perinatal Outreach Education Coordinator, bowdek@mmc.org