

**AUGUST
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Breastfeeding Buzz



American Academy of Pediatrics Updates Policy Recommending Breastfeeding Longer

As August is National Breastfeeding Awareness Month, the American Academy of Pediatrics (AAP) recently updated its policy to support continued breastfeeding until two years of age or beyond, as mutually desired by mom and child. The AAP continues to recommend exclusive breastfeeding for six months with complementary foods introduced at six months of age. Previous policy from 2012 recommended breastfeeding for at least one year. Preliminary data indicates growing toddlers benefit from the macronutrients and immunologic factors found in human milk in their second year of life. Breastfeeding longer than 12 months also decreases rates of type 2 diabetes mellitus, hypertension, breast cancer, and ovarian cancer in mothers. Some of the other key recommendations besides implementing practices to improve breastfeeding initiation, duration, and exclusivity were for pediatricians to advocate for several issues including: (1) Publicize that most maternal conditions, medications, and vaccinations are compatible with breastfeeding, (2) Promote socially and culturally sensitive policies to address inequities between care in clinics, hospitals, and the community, and (3) Advocate for policies promoting insurance for lactation support and breast pumps as well as universal paid maternity leave. The full new policy statement is available in the July 2022 issue of *Pediatrics* which can be found at https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of?_ga=2.229539804.1778038764.1658698130-1589296710.1657809859%3fautoLogincheck%3dredirected

Congratulations to these new IBCLCs too!

Great job to Jennifer Briggs and Olivia Kral who recently passed the IBCLC exam they took in March.

Free Education

August 2

4:00 – 5:00 p.m. GOLD Learning Webinar: Urban Design Solutions to Support Breastfeeding in Public. Register at <https://www.goldlearning.com/ce-library/all-lectures/accreditation/breastfeeding-support-in-public-detail>

August 4

2:00 – 3:00 p.m. National WIC Association Webinar: Moms In Crisis: How the infant formula shortage and pandemic are feeding maternal mental health concerns. Register at <https://register.gotoweinar.com/register/4796395600051333899?eType=EmailBlastContent&eld=b2dc9de2-6904-4025-83c9-bfd3a5daa493>

August 5

8:30 a.m. – 4:00 p.m. Arizona Department of Health Services/WIC: Latch-AZ Virtual Event. Register at <https://docs.google.com/forms/d/e/1FAIpQLSfm717pZlyMHsnUNEr7w6mm8bwz-Dq17nynVqi50hplNv6TEQ/viewform>

August 9

2:30 p.m. – 3:30 IEBFC Monthly Check-In: Register at https://www.eventbrite.com/e/2022-monthly-check-in-meeting-tickets-238422115967?utm_source=IEBFC+Newsletter+and+Updates&utm_campaign=9a8534f062-EMAIL_CAMPAIGN_2020_03_30_02_49_COPY_25&utm_medium=email&utm_term=0_f709c9fd5f-9a8534f062-

August 16

Available On Demand. Great Lakes Breastfeeding Webinar: A Postpartum Care Model to Address Infant/Maternal Health Disparities. Register at <https://mibbreastfeeding.org/webinars/>

August 17

1:00 – 2:00 p.m. Medela Webinar: Deciding When & How Often to Express Human Milk in the Immediate Postpartum Period. Register at <https://www.medela.us/mbus/for-professionals/Education/Programs/Detail/822>

August 18

2:00 – 3:00 p.m. National WIC Association Webinar: Cheers to the Peers (Policy Webinar Series) Register at <https://register.gotoweinar.com/register/3911085330040296974?eType=EmailBlastContent&eld=b2dc9de2-6904-4025-83c9-bfd3a5daa493>

Breastfeeding Classes

- Peer counselors are available to provide individual breastfeeding classes at all WIC clinics.

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304
Mississippi Lactation Services, Dr. Christina Glick, M.D.
601-932-6455
The Infant Risk Center 806 352-2519 Dr. Thomas Hale's
helpline for medications information
Merit Health Woman's Hospital Lactation Center 601-933-
6180 or 601-933-6493

Mississippi Breastfeeding Coalition

- Meeting August 11, 2022 at 12:00 p.m. noon. Please join via Zoom. <https://us06web.zoom.us/j/89219510467?pwd=LOFqekhLZmt6NFNYNkFRdERQOXNVZz09>
Password: 345923

