



BREASTFEEDING BUZZ

January 2025
Volume 9 Issue 1

Free Education

January 3

9:30 a.m. – 5:00 p.m. Arizona

Department of Health Services Webinar:
LATCH-AZ. Register at

https://docs.google.com/forms/d/e/1FAIpQLSfS6o5o8L-FJTqcu6eYekEEmzwM9x_1TgUttP6o5GhnLloTbw/viewform

Available Now on Demand

Great Lakes Breastfeeding Webinars:
"Skin to Skin is Not Universal: Teaching
Equity." Register at

<https://mibbreastfeeding.org/webinars/>

Medela University offers prerecorded
webinars on demand. See

<https://www.medela.com/en-us/breastfeeding-pumping/lactation-professionals/professional-education/webinars#All>

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304

The Infant Risk Center 806 352-2519

Dr. Thomas Hale's medication helpline

La Leche League of Metro Jackson, MS

<https://www.facebook.com/groups/LLLofMetroJackson/>

Merit Health Woman's Hospital

Lactation Center 601-933-6180

MS MILC Leagues For locations and
information, see

<https://www.msbfc.org/ms-milc-league.html>

UMMC Children's of MS Lactation

Medicine Clinic 601-984-5480

Judy Ellzey Elected President of MSBFC

At the December MSBFC meeting, Judy Ellzey was elected to become the next president and will begin serving January 1, 2025. Judy's passion for breastfeeding began as personal goals to breastfeed all her children (three daughters) which developed into her career for the past 29 years. Judy breastfed her first child in 1991 where she realized the misinformation and lack of support surrounding exclusively breastfeeding mothers. She was told breastmilk alone is not enough and combination fed her first child for six months. With her second and third daughters, she was determined to exclusively breastfeed and breastfed them for 18 and 24 months, respectively. Judy began working for WIC as a peer counselor in 1996 and earned her International Board Certified Lactation Consultant (IBCLC) certification in 2022. Now, she is the Designated Breastfeeding Expert (DBE) for District 7. She graduated from Alcorn State University with a degree in child development. Judy has advocated for rooming-in to become standard policy from the beginning and it has now become the standard practice. She has also encouraged mothers to say no to bottles and formula at the hospital from the beginning. Judy stated, "education is the key to empowerment for moms to make the best decisions for their children and to have the health benefits that can only be obtained from human milk." Judy has been active with MSBFC since it began and participated when MSBFC created its bylaws. Judy is now providing second generation help to many in her area as some of her current WIC prenatal and postpartum breastfeeding moms are the babies of mothers she supported years ago. One of Judy's fondest memories is volunteering at the golf tournament fundraiser that helped open the Mother's Milk Bank of Mississippi. Judy has been married to her husband for 36 years. Her husband has served as the pastor at Lighthouse Baptist Church for 30 years where she has also served in the ministry with him. In addition to her three daughters, she has six grandchildren. Her hobbies include reading, crafting, and baking homemade bread. She spends any spare time with her grandchildren.

Breastfeeding Classes

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

