



BREASTFEEDING BUZZ

May 2026
Volume 10 Issue 5

Free Education

May 5

12:00 p.m. – 1:00 p.m. Gold Learning: Myometrial Lactic Acidosis and Labour Dystocia: Preventing & Reversing Uterine Exhaustion. Register at:

<https://www.goldlearning.com/lecture-library/myometrial-lactic-acidosis-labour-dystocia-uterine-exhaustion-detail>

May 12

2:30 p.m. – 3:30 p.m. IEBFC Monthly Check-in. Register at:

<https://us02web.zoom.us/meeting/register/tZMld-Cqqz0oEtl74s9hAXoOG-h8ICd02vDP#/registration>

May 19

1:00 p.m. – 2:00 p.m. Medela Webinar: Rethinking Early Breast Pump Use for NICU Mothers: Lessons from the Healthy Breastfeeding Infant. Register at:

<https://www.medela.com/en/lactation-professionals/professional-education/webinars/upcoming-webinars/rethinking-early-breast-pump-use-for-nicu-mothers-lessons-from-the-healthy-breastfeeding-infant>

Available on Demand

-Great Lakes Michigan. Breastfeeding webinars:

<https://glbw.thinkific.com/collections>

-Breastfeed LA. Free Webinars:

<https://breastfeedla.thinkific.com/collections/free-courses>

Breastfeeding & Maternal Mental Health: Supporting the Whole Mother

May is Maternal Mental Health Awareness Month, a reminder that supporting a mother's mental health is essential to the well-being of both mother and baby. Maternal mental health conditions affect many families, and as healthcare professionals, we play a critical role in recognizing and addressing these needs. Breastfeeding can support emotional well-being through hormonal responses that promote relaxation, bonding, and stress reduction. However, this relationship is complex. Challenges such as pain, fatigue, or lack of support can contribute to stress, while maternal mental health conditions may also impact feeding outcomes. A balanced, family-centered approach is essential. Every journey is different, and all mothers need support regardless of how they feed their babies. Providing nonjudgmental, individualized care and creating calm, supportive environments can make a meaningful difference.

Professionals should be attentive to signs that additional support may be needed, including persistent sadness, anxiety, or difficulty bonding. Early intervention is critical, and many treatment options, including medications, are compatible with breastfeeding.

In alignment with Baby-Friendly Step 10, ensuring connection to ongoing support after discharge is vital. Referrals to community resources such as MILC Leagues, WIC Breastfeeding Peer Counselors, and outpatient lactation services help sustain both breastfeeding and maternal well-being. The Mississippi Breastfeeding Coalition also offers a [Maternal Mental Health resource page](#) for providers and families with tools and referral information.

Supporting breastfeeding means supporting the whole mother, physically, emotionally, and beyond.

Welcome Crystal Butler Williams, MPH

We are excited to welcome Crystal Butler Williams, MPH, as the new WIC Statewide Breastfeeding Peer Counselor Coordinator. With over 15 years of public health experience, including leadership within the Mississippi WIC Program, Crystal brings a strong passion for supporting families and strengthening community partnerships. In her new role, she will support and train Peer Counselors and help build a more connected statewide network.

Breastfeeding Support

WIC Breastfeeding Program 601-981-2304

Bloom & Grow Lactation 601-427-0777

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/>

MS MILC Leagues For locations and information, visit:

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

**BREASTFEEDING
IS NOT EASY, BUT
THE BOND IT
CREATES IS
UNBREAKABLE.**

