BREASTFEEDING BUZZ

September 2026
Volume 10 Issue 9

Free Education

September 8
2:30 p.m. – 3:30 p.m. IEBFC Monthly Check In: How Predatory Formula Marketing Hurts Public Health. Register at: https://us02web.zoom.us/meeting/register/tZMld-Cqqz0oEtL74s9hAXoOG-h8ICd02vDP#/registration

September 17
10:00 a.m. – 4:00 p.m. CHAMPS National Virtual Conference. Register at: https://2026champsnationalconference.vfairs.com/en/registration-form

September 29
1:00 p.m. – 2:00 p.m. Appalachian Breastfeeding Network. Hot Topics in Breastfeeding Exposures: Common Medication Concerns and Considerations https://us02web.zoom.us/webinar/register/WN_46Mqn08hTLmgYiq-ArnNBw#/registration

Available on Demand
-Breastfeed LA. Free Webinars: https://breastfeedla.thinkific.com/collections/free-courses
-Medela University: https://www.breastfeedingandlactation.medela.com/store
-Medela Podcast: https://www.medela.com/en/lactation-professionals/professional-education/podcasts

Free Breastfeeding Education for Families
Free virtual learning opportunities from The University of Kansas Health System and Atrium Health are available this month:
-September 10 from 6:00 p.m. – 7:00 p.m. "Ask a Lactation Consultant" session.
-September 13 from 12:30 p.m. – 3:30 p.m. Interactive Breastfeeding Basics Class
-September 14 from 3:00 p.m. – 5:00 p.m. Prepare for returning to work with Back-to-Work Breastfeeding Basics
Lactation professionals, healthcare providers, and community partners are encouraged to share these opportunities with the families they serve.

From Evidence to Action: Reflecting on the 2026 MILC Conference

The 2026 Making an Impact in the Lactation Community (MILC) Conference brought together 143 participants, 75 in person and 68 virtually, for a day of learning, collaboration, and commitment to improving breastfeeding outcomes in Mississippi. Throughout the conference, one message became clear: breastfeeding is connected not only to infant nutrition, but also to maternal health, quality maternity care, mental well-being, clinical practice, and community support.
We began by examining the implications of the 2025 NASEM breastfeeding consensus study for Mississippi, followed by CHEER/CHAMPS' journey to improve maternity care practices across our state. The conversation then turned to perinatal mental health and lactation, reminding us that caring for the mother after her baby arrives is essential to supporting both her well-being and her ability to care for her baby. Participants then turned learning into action, working in groups to identify practical strategies to improve breastfeeding outcomes in Mississippi within their own areas of influence. Clinical learning addressed nipple pain, wounds, blebs, and rashes, challenging us to move beyond myths and toward evidence-based assessment and treatment. Finally, we looked beyond infancy to the mother's long-term health, including the association between breastfeeding and reduced risks of cardiovascular and metabolic disease. It was a powerful reminder that breastfeeding offers important benefits not only for babies, but for mothers, families, communities, and society.
As Breastfeeding Awareness Month came to a close, MILC gave us an opportunity to recognize how far Mississippi has come. We have continued to move the needle, but our work is not finished. By turning evidence into action, removing barriers, and providing skilled and compassionate support, we can help more Mississippi families achieve their breastfeeding goals.

Celebrating Our 2026 WIC Award Winners!

Congratulations to **Linda Jackson**, WIC Breastfeeding Peer Counselor of the Year; **Janice Rainey**, WIC Nutritionist Supervisor of the Year; **Andrea Borda**, WIC District Breastfeeding Coordinator of the Year; and **Nedra Allen**, WIC Certifier of the Year! We celebrate their outstanding dedication and contributions to supporting Mississippi's mothers, babies, and families.

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, see https://www.msbfc.org/ms-milc-league.html

MISSISSIPPI WIC Women, Infants and Children

MISSISSIPPI BREASTFEEDING COALITION