

# BREASTFEEDING: SIMPLY THE BEST

## Collaborative Lactation Support Resources

Collaboration is critical to provide a bridge for lactation support through pregnancy, birth & during those critical weeks after delivery.

Opportunities for collaboration in lactation support:

### Healthy Northland:

- Hospital SHIP breastfeeding team quarterly meetings bringing together hospital, clinic, public health & WIC staff.
- Northeast Minnesota Breastfeeding Summits

### Breastfeeding Coalition

- Northland Breastfeeding Coalition
- Our mission is to work within the community to support families' breastfeeding goals.

<https://sites.google.com/site/northlandbfcoalition/>

- Minnesota Breastfeeding Coalition [mnbreastfeedingcoalition.org](http://mnbreastfeedingcoalition.org)
- Local Breastfeeding Coalitions

### WIC Peer Program

- Northeast Minnesota WIC Peer Breastfeeding Support Program <https://communityhealthboard.org/programs/wic-peer-support-breastfeeding-program/>
- Northwest Wisconsin WIC <http://www.northwest-csa.org/services/wic.htm>

### COFFECTIVE

<https://coffective.com/about/where-we-work/>

## Healthy Northland Breastfeeding Strategy

*Please welcome the new Healthy Northland Breastfeeding Coordinator: Meghann Levitt*

Meghann Levitt, Public Health Educator with Carlton County Public Health and Human Services, will be assisting Healthy Northland and Local Partners in continuing Pam's breastfeeding support role across Northeast Minnesota over the next year. Meghann has worked with the Statewide Health Improvement Program, since its inception in 2009, most recently supporting worksites in obesity prevention, tobacco cessation and lactation support. Her other current roles in public health include suicide prevention, environmental health, and COVID-19 communications. She and her husband have two children (3 months and 2.5 years) and she has called Northeast MN home for the past 15+ years.



## Northeast Minnesota WIC Peer Program

*Please welcome the new Co-Program Coordinators: Jenny Barta & Janna Wolter*

Jenny Barta RN, PHN has worked for Carlton County PHHS for almost 14 years Carlton County WIC Peer Coordinator, and Northeast MN co-lead staff with Pam for 5 years and Certified Lactation Specialist for 10 years. Carlton County WIC recently applied for and was awarded the USDA & FNS "Loving Support Award of Excellence in Breastfeeding Support" Gold-Premiere status in August 2020, one of the first Peer Breastfeeding Support Programs in MN to receive this level of recognition. Jenny & her husband live in Carlton County with their 4 children (ages 17, 15, 13, & 11) and GSP puppy.



Janna Wolter is an RN, BSN, and has worked as a PHN somewhere since 1997. An IBCLC for 10 years. She 'was so pleased to fulfill that dream.' Currently working for Itasca County for the last 5 ½ years as a Maternal Child Health nurse doing Family Home Visits, WIC, WIC Peer Coordinator and Immunizations. Janna & her husband live in Remer and have two grown sons and an elderly dog.





Your work supporting breastfeeding has made a world of difference for families. You are the ones who answer the phone, drop off the scale, visit a new mother at the bedside or in the yard, listen with compassion to the stories, share breastfeeding education and resources, reassure, and help in many ways. You are a life line for many who feel isolated, especially right now.

Thank you for all you do. It has been an honor to know you, to work along side you and to join you working to make breastfeeding easier in our region.

This is my last issue of this newsletter. I will also be retiring from the work I do with Healthy Northland & the Northeast Minnesota Peer Program.

Please hold onto the amazing passion you bring to this work and keep going!

*"And will you succeed? Yes! You will, indeed! (98 and 3/4 percent guaranteed.)"*

Oh, The Places You Will Go! Dr. Suess

Pam Galle IBCLC



## Upcoming Lactation Education and Events

December 13, 2020 (Online) **Case Discussion Webinar: Breast Pain During Lactation.** For more information: [https://lacted.org/wp-content/uploads/2020/10/IABLE\\_webinar\\_202012\\_case\\_breastPain\\_brochure.pdf](https://lacted.org/wp-content/uploads/2020/10/IABLE_webinar_202012_case_breastPain_brochure.pdf)

December 15, 2020 (Online) **Northeast Minnesota Breastfeeding Summit.** Registration & more information: <https://18-ne-mn-breastfeeding-summit.eventbrite.com>

December 15, 2020 (Online) **Affecting Change in Communities for Breastfeeding Success.** Great Lakes BF Webinars, <https://mibreastfeeding.org/webinars/>

December 22, 2020 (Online) **Community Breastfeeding Support in the time of Public Health Emergencies.** <https://www.albany.edu/cphce/bfgr20.shtml>

January 9 & 16, 2021 (webinar) **Primary Care Breastfeeding Medicine Course for Physicians & other Providers.** For more information: [https://lacted.org/wp-content/uploads/2020/08/IABLE\\_1DayProvider\\_202101\\_webinar\\_brochure.pdf](https://lacted.org/wp-content/uploads/2020/08/IABLE_1DayProvider_202101_webinar_brochure.pdf)

January 10, 2021 (Online) **Case Discussion Webinar: Nipple Pain During Lactation.** For more information: [https://lacted.org/wp-content/uploads/2020/10/IABLE\\_webinar\\_202101\\_case\\_nipplePain\\_brochure.pdf](https://lacted.org/wp-content/uploads/2020/10/IABLE_webinar_202101_case_nipplePain_brochure.pdf)

January 21, 2021 (Online) **Minnesota Breastfeeding Coalition Winter Workshop. Policy, Law, Ethics: Breastfeeding Friendly Environments.** [www.mnbreastfeedingcoalition.org](http://www.mnbreastfeedingcoalition.org)

January 25, 2021 (phone or webex) **Northland Breastfeeding Coalition meeting**, noon – 2:00 pm, to request to join, email [northlandbfcoalition@gmail.com](mailto:northlandbfcoalition@gmail.com)

March 22, 2021 (phone or webex) **Northland Breastfeeding Coalition meeting**, noon – 2:00 pm, to request to join, email [northlandbfcoalition@gmail.com](mailto:northlandbfcoalition@gmail.com)

Ongoing (Online) **IBLCE CERP Provider Online Learning Program List**, <https://iblce.org/iblce-cerp-provider-online-learning-programmes/>

Healthy Northland seeks to improve the quality of life and health of all people in northeastern Minnesota. This newsletter is made possible by the Minnesota Department of Health's Statewide Health Improvement Partnership.

Interested in receiving this newsletter? Contact [yoditg@communityhealthboard.org](mailto:yoditg@communityhealthboard.org)

For more breastfeeding resources & information visit: [www.healthynorthland.org/resources/breastfeeding](http://www.healthynorthland.org/resources/breastfeeding)