



BREASTFEEDING: SIMPLY THE BEST

Infant Feeding Infographic for Food Security Partners

The Minnesota Breastfeeding Coalition provides the following 2-sided infographic for download on their website in [English](#) and in [Spanish](#).

IF YOU ARE BREASTFEEDING... and stressed and worried about feeding your baby

Keep offering breast milk!

It provides your baby lifelong protections against many types of diseases and cancers AND protects your health as well. The longer you provide breast milk the stronger the protections.

KEEP UP YOUR MILK SUPPLY

- Breast/chestfeed or express milk around every 3 hours.
- Avoid having full breasts - full breasts signal to your body to stop making milk.
- Talk to a breastfeeding peer counselor or professional to learn the signs that your baby is getting enough milk and for help resolving challenges like engorgement, painful nipples, or a sleepy baby.
- Find helpful tips at www.breastfeeding.com

CONNECT WITH WIC

- WIC offers nutrition and breastfeeding support.
- You may qualify if you are pregnant, had a baby within the last 6 months, breastfeed, or have a child or foster child under age 5.
- WIC staff can answer breastfeeding questions over the phone.
- Find a WIC office 1-800-942-4030 or health.state.mn.us/foodandfamily/

LEARN ABOUT LATCHING AND POSITIONING

- You may experience tenderness, but pain is a sign that the latch or position may need adjustment. Check with a lactation professional for help!
- Find helpful videos and tips about positioning, latching, and overcoming common challenges at www.lactationlatch.com or www.laktationlaktation.com

KNOW HOW TO STORE MILK

- Start with clean hands and sterilized containers.
- Never use a microwave to thaw milk - thaw in the fridge overnight or in a bowl of warm water.

Counter-top up to 24 hours fresh milk; up to 48 hours thawed milk; 1-2 hours	Refrigerator up to 48 hours at 40°F-42°F fresh milk; up to 6 days thawed milk; up to 18 hours
Freezer/Deep Freeze Door up to 12 months	Deep Freeze up to 12 months

MANAGE STRESS

- Stress can affect how milk flows and can affect your milk supply over time.
- Use your support system to manage stress.
- Learn physical ways to manage stress while breastfeeding, like deep breathing, meditation, physical activity, or using calming music.
- Seek professional help as needed.

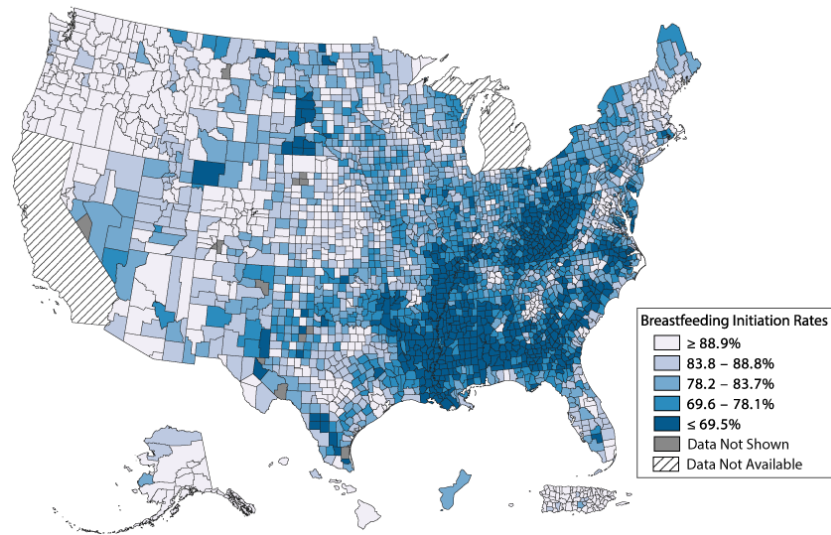


The Centers for Disease Control and Prevention Provide NEW Maps of Breastfeeding Initiation by County!

Maps of Breastfeeding Initiation by County

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) is committed to increasing breastfeeding rates throughout the United States and to promoting and supporting optimal breastfeeding practices toward the ultimate goal of improving the public's health.

Click [HERE](#) to view the map and search by State or Territory



US Birth Certificate Breastfeeding Initiation Data, 2018–2019

During 2018–2019, breastfeeding initiation rates by county varied widely within states and ranged from 22% to more than 90% across the nation. These tables and maps present 2018–2019 [National Vital Statistics System](#) data from 3,079 counties or county equivalents in 48 states, the District of Columbia, and Puerto Rico. Tables also present rates for Guam and the Commonwealth of the Northern Mariana Islands.

Source: <https://www.cdc.gov/breastfeeding/data/county/breastfeeding-initiation-rates.html>

Reminders/ Highlights:

Coronavirus Disease (COVID-19) and Breastfeeding

Check out the most up to date [guidance](#) from the Centers for Disease Control and Prevention.

Minnesota Department of Health answers common questions about breastfeeding [here](#)

New mothers need good information to get started and keep going. Breastfeeding can be challenging, but it becomes easier each day.

Minnesota Department of Labor and Industry [Brochure](#) for Pregnancy and Lactation rights at worksites. Contact mnbfcdirector@gmail.com (Minnesota Breastfeeding Coalition) for free copies

Inspiration:

“Breastfeeding is an unsentimental metaphor for how love works, in a way. You don’t decide how much and how deeply to love. You respond to the beloved, and give with joy exactly as much as they want.”

- Marni Jackson



Upcoming Events/Meetings

Healthy Northland Breastfeeding Summit – mark your calendars!

Date: May 5, 2022

Time: 8:30 a.m. – 12:00 p.m.

More information to come – watch for an official flyer by the first week in March!

Northland Breastfeeding Coalition Meeting: January 24, 2022, 12-2pm
For meeting information & link, email northlandbfcoalition@gmail.com

Training Opportunities

Minnesota Department of Health (MDH) – [WIC Lactation Education and Relating Meetings/Events](#)

Minnesota Breastfeeding Coalition’s [Upcoming Events webpage](#)

Recent:

[Minnesota Breastfeeding 2021 Annual Meeting](#) (YouTube)

[November 2021 Workshop: Self-efficacy & Supplementation](#) (\$15)

[Evergreen Perinatal Education:](#) Face to face courses, workshops and lectures as well as online education.

View upcoming Breastfeeding Conferences, Webinars, Baby Friendly Trainings and more: <http://breastfeedingconferences.com/>

Healthy Children Project’s Center for Breastfeeding:

Online Maternal & Infant Assessment Course ([Website](#) & [Flyer](#)): The Maternal Infant Assessment course fills a prerequisite for the Advanced Issues in Lactation Practice course, which prepares professionals for the Advanced Lactation Consultant or Advanced Nurse Lactation Consultant certification, accredited by [ALPP](#).

RNs: 31.25; RDs: 31.25; IBCLCs: 31.25L CERPs; College Credit

Recommendations: 2 credits. Can be used towards CLC recertification.

New Law Changes!

The [Women's Economic Security Act](#) (WESA) strengthens workplace protections and flexibility for pregnant women and nursing mothers, expands employment opportunities for women in high-wage, high-demand occupations and reduces the gender pay gap through increased enforcement of equal pay laws.

Effective Jan. 1, 2022, workplace protections for expectant and new parents will be expanded. [Changes include:](#)

- Requiring nursing and lactating employees to receive paid break time to express milk at work. The change does not require current unpaid break time such as a meal break to be converted to paid break time.
- Ensuring more employees have a right to request and receive needed pregnancy accommodations in the workplace, such as more frequent restroom, food and water breaks and limits to heavy lifting. This change will apply to employers with 15 or more employees.

Find more information on the Department of Labor and Industry’s [website](#)