



# BREASTFEEDING: SIMPLY THE BEST

## Minnesota Breastfeeding 90-Day Challenge

### What was this?

The 90-Day Challenge was an opportunity for coalitions and community based organizations across the state to contribute a resource bank of materials and methods, all relating to workplace/school/childcare support for pregnant and lactating persons.

### What was the outcome?

Check out the 90-Day Challenge Website to find four categories of full of resources for professionals to assist with pregnant and lactating persons!  
<https://mbc41.wildapricot.org/90-Day-Challenge/>

- 1) [Assessment and Outreach Materials](#)
- 2) [Education and Training Materials](#)
- 3) [Employee Outreach Materials](#)
- 4) [Breastfeeding Friendly Recognition Materials](#)

## Resource Highlight: 4<sup>th</sup> Trimester Project™

From 4<sup>th</sup> Trimester Project's™ website (<https://newmomhealth.com/>):  
“Going from pregnancy, labor and birth or otherwise bringing a baby home is a big transition. It is a journey with changing hormones, body image, and roles, while learning to feed and care for a newborn and navigate relationships and expectations with partners, family, friends, co-workers, and other children.

**All parents deserve support.** Seeking information on physical, emotional, and social parts of the postpartum period and using the resources that are available is a sign of strength. Becoming a mother is a big deal! During this “4th Trimester,” many women and their families – especially those with limited resources - experience considerable, interrelated challenges that are not well supported by communities, businesses and society.

Much attention is focused on babies while too often, women are left to navigate their health and care without enough information or support. Women often receive health information at birthing facility discharge when they are tired, overwhelmed, and may not even know what questions to ask. These gaps in care are missed opportunities, not only for health but also to affirm the importance of women.”

### Lactation and Other Resources

The 4<sup>th</sup> Trimester Project's™ website has a comprehensive “[Baby Feeding](#)” section that includes information and resources related to Breastfeeding and Substances, Expressing, Human Milk Storage, Emotions and Baby Feeding, Milk Supply, etc.

There are additional resources on Self Care, Building My Village and Baby Care that focus on the days, weeks and months after a baby is born to help surround new Mom's and Families with resources. In addition to these online resources, remember to reach out to local resources as well, including, but not limited to County and Tribal Public Health, Healthcare IBCLC's and/or lactation support groups, WIC, and others!

## Minnesota Milk Bank: Donating After Loss

The loss of a baby is a devastating experience. In addition to the grief experienced, the person is likely also dealing with their body's natural process to provide breast milk for their precious baby to whom they just said goodbye.

Although such a difficult topic, there are resources from the MN Milk Bank both for families, as well as for Healthcare providers to have conversations about milk supply after this significant loss. Find resources at their website [here](#).



### Inspiration:

*"Breastfeeding is natural. It isn't always natural like breathing (which is automatic), but rather like walking (which needs to be learned)"*

- La Leche League



## Upcoming Events/Meetings

**Northland Breastfeeding Coalition Meeting:** July 25, 2022, 12-1:30pm  
For meeting information & link, email [meghann.levitt@co.carlton.mn.us](mailto:meghann.levitt@co.carlton.mn.us).  
Find information about the coalition on [Healthy Northland's website](#).

## Training Opportunities

**NAACHO Breastfeeding Support Webinars:** The series aims to identify public health solutions and promote equity in breastfeeding rates and access to care. All webinars feature local breastfeeding project presentations. Continuing education credits available for some webinars.

**ASTHO Fostering Breastfeeding Equity Through Community Engagement** (3-part webinar series – recordings). The series highlights activities fostering breastfeeding equity between state agencies and community organizations.

**NICHQ Improving Our Approach: Better Conversations About Breastfeeding:** This recorded webinar provides approaches and strategies health professionals can use to help mothers open up about the challenges they face when breastfeeding to better provide the supports they need.

**Inspire Health Breastfeeding | Human Medicine:** An interprofessional education course (college or CE course)

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

**Minnesota Breastfeeding Coalition's Upcoming Events webpage**

**19<sup>th</sup> NE MN Breastfeeding Summit Recording (not for credit) link:**  
<https://healthynorthland.org/breastfeeding/>

*Note: recording available for a limited time, and not available for viewing for credit. All information included is accurate as of 5/5/22.*

