

TXBC Newsletter

CDC Breastfeeding Report Card

The Centers for Disease Control and prevention (CDC) has released their newest *Breastfeeding Report Card United States, 2022*. As stated in the National Lactation Consultant Alliance (NLCA) newsletter, this report represents infants born in 2019 and provides a compilation of data on breastfeeding practices and supports in all states, including the District of Columbia, and Puerto Rico. Two new support indicators were added; paid family and medical leave data and state ECE (Early Care and Education) licensing regulations for childcare centers meeting the standard to support and encourage breastfeeding best practices. The national ever breastfed rate decreased to 83.2%, from 84.1% in the previous report card. Paid family and medical leave has been enacted in 12 states.

See <https://www.cdc.gov/breastfeeding/pdf/2022-Breastfeeding-Report-Card-H.pdf>

New Research

The Academy of Breastfeeding Medicine Clinical Protocol #36 was revised this year. A brief overview of the changes include:

- Continue to feed/pump on demand. Avoid overstimulation and excess pumping.
- Ice/cold to help reduce inflammation. Heat increases inflammation and swelling.
- Wear a supportive but comfortable fitting bra. Underwire still not advised.
- Include Lecithin or Choline in listed/recommended medications, in addition to Ibuprofen or Acetaminophen.
- Culture the site to assess if need for +/- determine correct antibiotic.
- Probiotics for prevention and possible treatment.
- Gentle lymphatic massage towards axilla/armpit. Aggressive massage or kneading may worsen the inflammation.
- Anti-inflammatory diet recommended.

According to the new research, you DON'T need to avoid bras, do deep tissue massage, soak and endlessly nurse or pump. However, you DO want to keep the milk flowing, preferably with direct breastfeeding, to relieve the pressure and flush out potential pathogens.



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New Tools to Calculate the Cost of Not Breastfeeding

The new *Cost of Not Breastfeeding* tool is now available. Nutrition International and Alive & Thrive collaborated to update the tool according to the most recently available data. The tool allows users to understand the costs of inaction – the lives lost and economic burden that occur due to lack of investment to support, protect, and promote breastfeeding. The tool includes data for 160 countries and allows users to modify breastfeeding rates to see how they change the outcomes. Learn more about the tool and explore the data here:

<https://www.aliveandthrive.org/en/the-new-cost-of-not-breastfeeding-tool>



EDUCATIONAL INFORMATION

USLCA—[USLCA Event Calendar](#) - USLCA

Health-e-learning — <https://www.health-e-learning.com/>

GOLD Online Lactation Education — [Online Continuing Education for Lactation Professionals](#) | IBCLCs, CLCs, CLEs. CERPs Online

Lactation Education Resources—[Lactation Education Resources - Home](#)

IBCLC Education—[Lactation Education Program \(95 hours\)](#) - College of Nursing and Health Innovation (asu.edu)

Upcoming Events & Announcements

TXBC Member Call: Jan 10, 2023

Time: Jan 10, 2023 12:00 PM Central Time (US and Canada)

Join Zoom Meeting—<https://us06web.zoom.us/j/87503191104?pwd=cnZ1bWZEOXdmelRSWFFiTjJwY1djZz09>

Meeting ID: **875 0319 1104**

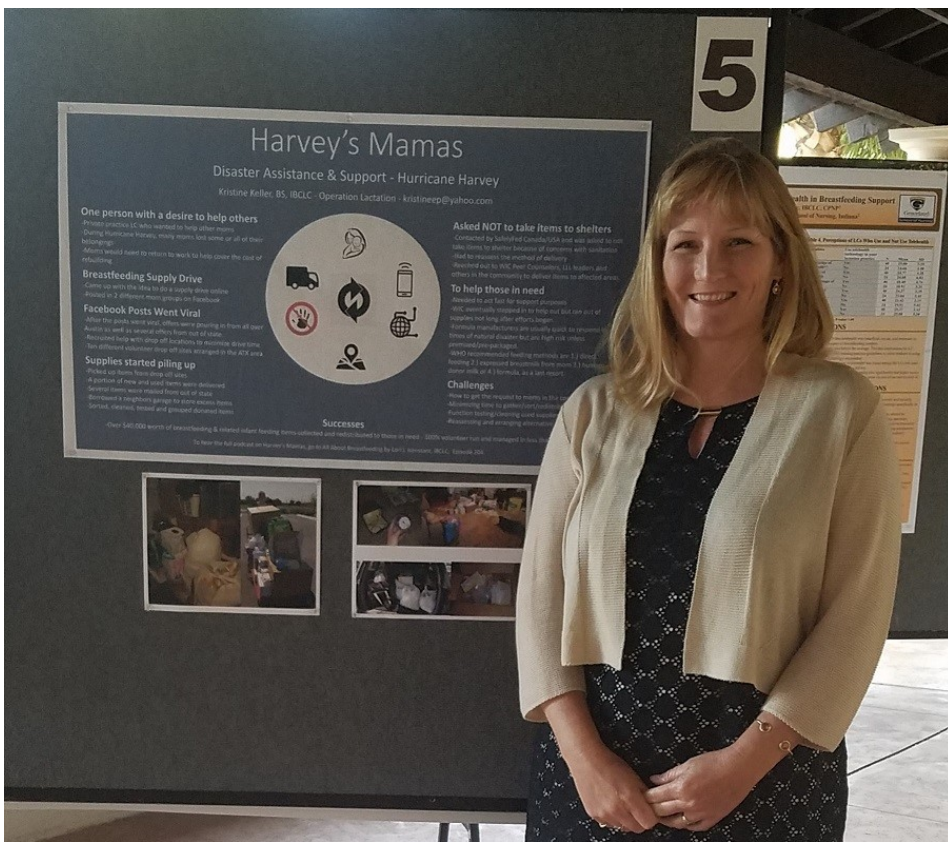
Passcode: **502799**

Dial in: +1 346 248 7799 US (Houston)

Spring 2023 In Person Meeting

More information to come on venue location, dates & times





Meet the TXBC Chair– Kristine Keller, BS,IBCLC

Q: At what point did you realize you wanted to become a lactation professional?

A: *It occurred to me that I was in the wrong profession after struggling to breastfeed and then struggling to return to work and pump. I did not have the right kind of support to be successful with either goal. With direct breastfeeding, I had an oversupply, a poor latch resulting in cracked, bloody nipples yet everyone kept telling me that my nipples would "toughen up". When returning to work, I had a difficult time with a location to pump and time to pump. With my 2nd child, shortly after the pump at work law was passed, was told that I could NOT pump at any time during business hours, period. Unfortunately, I was not familiar enough with the law to fight for my rights as a pumping mom, so I resolved to pump in the car, on the way to work, at lunch and on the drive home.*

Q: Have you always worked in Private Practice?

A: *No, actually, I started my career with WIC, first in the clinic and then once certified, I moved into the Lactation Clinic as Lead Peer Counselor. From there, I spent some time in a hospital IBCLC position, and then in a pediatric dental office, which specialized in tongue and lip tie release. In 2015, a family member's health concerns made me reassess my long term plans. It was in 2015 that I opened up my private practice and began doing in-home postpartum lactation care.*

Q: What are the top 3 things you LOVE about breast/chest feeding and/or human milk?

A: *We have milk whether we want to offer it or not... don't waste the liquid gold. Meeting even a small goal can aid in healing and help moms overcome past issues/trauma. Scientists haven't even discovered all of the ingredients in our milk. If they don't know what's in it, how can it be replicated?*

Q: When you are not talking about ALL things Lactation, where would we find you?

A: *With my family, at the beach, near a body of water or thrift shopping.*

WHO ARE WE?

We are an organization of moms, lactation consultants organizational professionals, breastfeeding supporters, and individuals whose goal is the same... to support and promoting the importance of human milk and breastfeeding.

Membership in the Texas Breastfeeding Coalition is open to all who protect, promote, and support policies and practices which enable Texas families to provide human milk to their children and/or meet their personal breastfeeding goals, including professional organizations, businesses, and individuals!





Organizational Information

Member meetings will be held via Zoom or phone, on a bimonthly basis, the second Tuesday of the month, on the odd months.

The newsletter will be on a bimonthly basis, on the even months.

A new website is under construction.

It's time to renew your membership!

Membership is \$20 for individuals, \$100 for small businesses/non profits (less than 4 employees) & \$250 for businesses.

Three ways to pay:

- Venmo account - txbc1
- PayPal— Paypal@txbfcoalition.org
- Or, if paying by check, please mail the check to the following address...
- TXBC, 1624 Coriander, Austin, TX 78741

Coupon code for discount on books at Praeclarus Press: TXBC.

Texas Breastfeeding Coalition

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PLACE
STAMP
HERE