



TXBC Newsletter

NATIONAL BREASTFEEDING MONTH

August is National Breastfeeding Month. The theme is “Together We Do Great Things”. While the organizational plan is to do the event virtually, some Coalitions still plan on hosting in person events. Check with your local coalition to see how you can get involved.

Week 1—World Breastfeeding Week

Week 2—Indigenous Milk Medicine Week

Week 3—Asian American Native Hawaiian & Pacific Islander Week

Week 4—Black Breastfeeding Week

You can get your NBM Proclamation Toolkit and your official NBM 2022 T-shirt at USBreastfeeding.org.

NEW RESEARCH

[The Effectiveness of Virtual Lactation Support: A Systematic Review and Meta-Analysis - Alicia Blackmore, Brittany Howell, Kristen Romme, Zhiwei Gao, Hai Nguyen, Leigh Anne Allwood Newhook, Laurie Twells, 2022 \(sagepub.com\)](#)

[Exploring Successful Breastfeeding Behaviors Among Women Who Have High Body Mass Indices - Sharleen L. O’Reilly, Marie C. Conway, Eileen C. O’Brien, Eva Molloy, Hannah Walker, Eimear O’Carroll, Fionuala M. McAuliffe, 2022 \(sagepub.com\)](#)

[Effectiveness of Hoffman’s Exercise in Postnatal Mothers With Grade 1 Inverted Nipples - Anju Philip Thurkkada, Salini Rajasekharan Nair, Sara Thomas, Parvathy Sreelekha, Soumya Kadakkuzha Sanu, Parvathy R Chandran, Gopinathan Pillai Sreekanth, 2022 \(sagepub.com\)](#)

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UPCOMING EVENTS

TXBC Member Call July 12, 2022

National Breastfeeding Month August, 2022

World Breastfeeding Week 1st week

Indigenous Milk Medicine Week 2nd week

Asian American Native Hawaiian & Pacific Islander 3rd week

Black Breastfeeding Week August 4th week

TXBC Fall In Person Meeting Galveston, TX September 10, 2022

USLCA Norfolk, VA September 22-24, 2022

*Hope to see you there! If attending, we will try to host an informal meet up.

TXBC Member Call October November 8, 2022

EDUCATIONAL OPPORTUNITIES

Breastfeed LA Virtual Training—[Finding My Way Back Home—The Journey To Skin To Skin In The NICU \(constantcontact.com\)](#)

GOLD Online Lactation Conference 2022—[GOLD Online Lactation Conference 2022 | Lactation & Breastfeeding Conference \(goldlactation.com\)](#)

Lactation Education Resources—[Lactation Education Resources - Home \(lactationtraining.com\)](#)

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

Breastfeeding Conferences Australia—[Home - Breastfeeding Conferences](#)





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 professionals, 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.

Two ways to pay:

Venmo account - txbc1

Phone number linked to the account—512-803-5881

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.





ANNOUNCEMENTS

Now thru Zoom...

TXBC July Meeting Link :<https://zoom.us/j/9821319525?pwd=S1ZraVo5RGFJeThOSzd4aHJhRGpSQTo9>

Meeting ID: 982 131 9525

Passcode: 057911

Mobile: 346-248-7799

We are accepting nominations for the following **board position**...

-Secretary

Contact name, phone number and e-mail are required for nominations.

Annual Membership Drive—Time to renew your membership! Individual memberships are \$20. Small businesses (4 or less employees) and non-profits are \$100. All other businesses are \$250.

Texas Breastfeeding Coalition

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PLEASE
PLACE
STAMP
HERE

Name
Address