



## TXBC Newsletter

### Laredo Medical Facility Designated as Mother Friendly

The Laredo Health Department has implemented the Texas Mother Friendly Initiative and was certified as a Mother Friendly worksite. The initiative aims to support mothers who are breastfeeding by providing them with a clean, safe space to either breastfeed or pump and store their milk. Currently, the health department has designated several offices within Laredo and Webb County, as Mother Friendly worksites.



According to Christina Duarte, with the health department, one goal of implementing the program, is to encourage other entities and businesses to adopt the same practices. If you have a business and are interested in providing this kind of service, officials say all you need is access to a private location, flexible work schedules, a clean water source nearby, and hygienic storage options to store the expressed milk.

See [here](#) for more information.

### The Hellen Sullivan Scholarship

It is almost time to submit applications for the Hellen Sullivan Scholarship!

This annual scholarship sponsored by TXBC and TALWD is designed to cover the cost of the IBLCE exam for a TXBC member (1<sup>st</sup> priority) or to cover the registration fee for a TXBC member to meet IBLCE continuing education requirements.

Applicants must be a TXBC member in good standing for a minimum of one year to apply for the scholarship.

Opening date to apply is May 15, 2023. The deadline to apply for the scholarship is June 16, 2023.

The link will be provided via email.

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## UPDATES & ANNOUNCEMENTS

TXBC Member Zoom Meeting—May 9, 2023 12:00 PM Central Time

[Meeting Link](#)

Call in number: +1 346 248 7799

Meeting ID: 864 5463 5881

Passcode: 795466

TXBC **In Person** Meeting—September 30, Lubbock, TX

More information coming soon!

### ***Upcoming Lactation Conferences***

ILCA—August 13-15, Las Vegas [Conference Link](#)

Dallas Lactation Consultant Association, Summer Seminar—August 29, 2023 Dallas, TX

Sign ups open early June

If you have not renewed your TXBC membership, do it NOW! Don't miss out on the latest in lactation happenings across the state & the US!

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*You must be the change that you wish to see in the world—M. Gandhi*

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## EDUCATIONAL OPPORTUNITIES

USLCA—[United States Lactation Consultant Association](#)

ILCA—[International Lactation Consultants Association](#)

USBC—[United States Breastfeeding Committee](#)

Gold Lactation—[Gold Lactation Academy](#)

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

Health-e learning—[Health-e learning](#)

Arizona State University Lactation Program—[ASU Lactation Program](#)



## Meet the TXBC Equity Representative – Hada Kifaye-Zawaideh

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

*A: The reason that I became involved with lactation is because I had difficulties breastfeeding my children. My peer counselor inspired and helped me to overcome the obstacles and offered the encouragement that I needed to succeed. I struggled with pain, cracking, and latch difficulties and was able to go on to breastfeed each one, the last 4 years 11 months. Through the support of WIC and the help of WIC Breastfeeding Peer Counselors, I was able to breastfeed my children and ultimately become a WIC peer counselor so that I could help other moms.*

**Q: What do you like best about working with WIC?**

*A: The most rewarding part of my job is when I'm able to touch a life and make a difference. When I help a baby latch and the mom says, 'What did you do? It doesn't hurt anymore.' Or when I see a past client, and she thanks me for helping her or tells me that it is because of my help or my class that she breastfed successfully.*

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

*A: 1. Human milk is liquid gold, alive, miraculous... full of antibodies, growth factors. 2. The bonding and connection with your baby are immeasurable, this goes on well past childhood into adulthood. 3. Natural, available, Healthy, perfectly made for baby, always ready and the BEST option for many babies.*

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

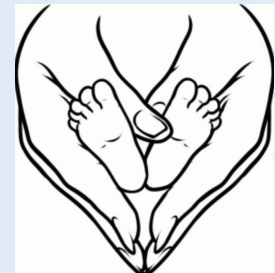
*A: You may find me at Butler Park or exploring downtown Austin with my kids.*

## 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 promote 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 are held via Zoom or phone, on a bimonthly basis, the second Tuesday of the month, on the odd months. Spring & Fall meetings are in person in different locations around the state.

The newsletter is on a bimonthly basis, on the even months.

The new website address is [TXbreastfeedingcoalition.org](https://TXbreastfeedingcoalition.org).

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](mailto: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.



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PLEASE  
PLACE  
STAMP  
HERE