

TXBC Newsletter

2023... A Year In Review

The Texas Breastfeeding Coalition had a busy year in 2023!



Our spring meeting was held in College Station and Alisa Sanders, our Legacy Board Member spoke to the group.



Our Fall Meeting was held in Lubbock and Kaytlyn Kirsch, the new Dr. Hale, presented Mothers Milk and Medications.

While not all of our members were not able to join in on the in-person meetings, members were still able to keep up with what's going on by joining in our bimonthly virtual meetings held in 2023.

The Texas Breastfeeding Coalition gave out FIVE scholarships – one for the TALWD/Hellen Sullivan Scholarship, which covers the cost of the IBCLC certification exam, and four for the Emerging Leader/Patty Stone Scholarship, which covered the cost of the Dallas Summer Seminar. The next, upcoming scholarship opportunity is happening in May of 2024.



It's the one-year anniversary of the PUMP Act. Are you aware of the coverage it provides?

1. The law provides expanded coverage, including teachers, registered nurses and nurse practitioners, transportation workers, agricultural workers, computer programmers, software engineers, retail workers, and traveling salespeople, as well as some doctors, lawyers, journalists, photographers, and musicians, depending on their specific job duties and salaries. Previously, the wording of the law excluded many of these professions.
2. The law covers “reasonable break time” to express milk AND space which should be shielded from view and free from intrusion. It also excludes ANY bathroom, single stall or not, from being an acceptable place to express milk.
3. It notes that if a person is not excused from ALL duties while pumping, the mom must be paid during the pump session.
4. Lastly, the PUMP Act grants employees access to legal recourse options available to address other violations of the Fair Labor Standards Act, should their employers disregard the requirements of the law. More specifically, if an employer has violated the break time requirement or has indicated that they have no intention of providing private space to pump, employees are able to file a lawsuit immediately. The same is true if an employee has been fired for requesting break time or space to pump. If an employer has not provided adequate space to pump, employees must notify their employer, and the employer then has 10 days to comply. The link to the law is below.

[29 USC 218d: Breastfeeding accommodations in the workplace](#)

Laws for moms that no one is talking about – i.e., the pump in public law. Did you know that Texas moms are now protected if they have a need to pump in public? The law passed in 2019 but there's little to no conversation happening about the law. Pumping in public is a great way to finally put those “nursing covers” to good use.

[HB 541](#)

[Texas Tribune - Texas governor signs bill clarifying that women are allowed to pump breast milk in public](#)

Upcoming Events

TXBC Zoom Meeting – January 9, 2024, at 12 pm

TXBC Spring Meeting – April 13, 2024, Driscoll Children’s Hospital in Corpus Christi, Texas

[TXBC Spring 2024 Meeting Registration Link](#)

Dates to Remember

IBCLC Day – March 6, 2024

Spring 2024 Exam - April 15-20, 2024

World Breastfeeding Week - August 1-7, 2024

National Breastfeeding Month – August 1 – September 14, 2024

Fall 2024 Exam - September 10-16, 2024

Educational Opportunities

International Lactation Consultant Association - <https://learning.ilca.org/>

US Lactation Consultant Association - <https://uslca.org/education-resources/>

Gold Lactation - <https://www.goldlearning.com/>

iLactation – <https://ilactation.com/>

Lactation Education Resources - <https://www.lactationtraining.com/>

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, in the even months.

The website is TXbreastfeedingcoalition.org.

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

Two ways to pay:

Venmo account – txbc1

Or, if paying by check, please mail the check to the following address...

TXBC, 401 Elmcrest Court, Forney, Texas 75126

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

Announcements

Join us for the next in person meeting, happening on April 13, at Driscoll Children's Hospital in Corpus Christi, Texas. [TXBC Spring 2024 Meeting Registration Link](#)

The next Helen Sullivan/TALWD Scholarship will open for applications in May of 2024. Applicants must be eligible to sit for the exam in 2024.

The Emerging Leader/Patty Stone Scholarship will open for applications in July of 2024. The scholarship will cover the registration cost for the Dallas Summer Seminar in 2024.



TX Breastfeeding Coalition

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