



MAINE STATE
BREASTFEEDING
COALITION

December 1, 2022

Meeting Minutes*

Minutes taken from recording of meeting. I couldn't see the chat box, the list of attendees or the videos of anyone who wasn't talking so these minutes will not be as robust as usual.

1:00 - 1:05pm

Getting Grounded - Welcome, introductions (in chat), agenda review

Mission: The MSBC is a welcoming and broad network of people supporting families who value human milk and breastfeeding. Together we work to enhance the culture of breastfeeding and chestfeeding around the state through advocacy, education, and connection.

In attendance:

- Kara Kaikini
- Shauna Goulet
- Jen Viger
- Ginger Roberts-Scott
- Melinda Corey
- Nicole Hart
- Andrea Ouellette
- Reanna Plourde
- Carrie Louch
- Grace Cook
- Morgan Miller
- Sam Blanchard
- Brenna Nelson
- Lynn Tauss
- Lulu Churchill

1:05 – 1:15pm

Board of Directors Update (Kara Kaikini)

- Always looking for volunteers
- Advocacy committee: focusing on paid leave, part of Paid Leave Coalition of Maine, role in trying to improve access to doula care, Mother's Milk Bank Northeast, MaineCare to cover donor milk in the next year

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- Events committee: Patchwork of Parenthood, May 13
- Workplace committee: toolkits for employers and employees
- DEI committee: call for interest for book club: "If These Ovaries Could Talk"
- Communications committee: looking for blog post authors
- Fundraising committee: Facebook fundraiser to raise money for scholarships

1:15 – 1:45pm

Presentation: "Osteopathic Medicine & Lactation" [LINK TO VIDEO](#)

Presenter: Kiran Mangalam, DO

- Shauna Goulet: works at Eastern Maine, wishes more DO residents would do more hands-on support of patients immediately postpartum
- Jen Viger: How many treatments do newborns need for torticollis or latching difficulties?
- Kara Kaikini: How do people, maybe in more remote areas, find practitioners?
Maine Osteopathic Association
- Ginger: Do you refer your patients to WIC?
- Melinda Corey: There may be an OMT in an unexpected place like a family medicine practice. Not always part of an integrative setting.
- Nicole: at ME MO + CO we refer every baby with breastfeeding challenges for OMT. Seeing amazing results. Suggest infants with tongue ties get OMT before they get a revision since it can change the trajectory that dramatically.
- Andrea Ouellette: important to remind families that they may need to only go once—it's not a huge commitment they'll need to make week after week.

1:45 – 2:45pm

Connecting the Dots/New Knowledge Worth Having (facilitated by Amanda Powell)

- What is happening legislatively that could impact our work?
- What else is going on in Maine that you'd like to share – one or two updates that the group can help you or others achieve, solve, or think about?
- What new research ideas are emerging?
- What challenges are you having in your work that colleagues could help you with?



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- Melinda Corey: from Help Me Grow, new resource from Office of Child and Family Services, 29th state to offer this service, birth to 8 as well as families and pregnant people, short term care coordination, free and open to all, no financial or diagnostic criteria
- Nicole Hart: upcoming offerings for professionals and parents: Breastfeeding for Professionals January 14 CEUs for RNS and Infant Feeding Class December 6 for families
- Reanna Plourde: RD and CLC, currently lives in CT new job on a feeding team at a hospital. Looking for CLCs or IBCLCs in Bangor-area.
- Carrie Louch: exciting growth in BF rate with WIC families, staffing shortage—some open positions, community partner opportunity: overview of breast and chestfeeding and how WIC works
- Shauna Goulet: L&D nurse at EMMC, trying to get childbirth classes and breastfeeding support back in person
- Jen Viger: plugging away at WIC, seeing as many participants as possible, mostly over the phone but can be in person, accept walk-ins
- Morgan Miller: new birth facility open in Bath
- Samantha Blanchard: received grant for extra employees for clinics with diverse non-English speaking populations, excited to provide better services for multilingual participants
- Lulu: CLC, Nature's Hand, Midcoast Nursing Circle: Belfast, Rockport and Camden Libraries, Good Turn Co-op
- Brenna Nelson: open positions,
- Lynn Tauss: can only have 7 dyads in each group, excited to have support groups back in person, scale for weights

2:45 – 3:00pm

Wrapping Up (Kara)

- What are you taking away from today's meeting?
- Upcoming Meetings/Events