

Maine State Breastfeeding Coalition

FULL COALITION MEETING MINUTES

Meeting date | time 8/6/2020 | 1:00 PM – 3:00 PM | Meeting location Zoom Meeting
<https://us02web.zoom.us/j/6678678114>

Meeting called by MSBC Steering Committee

Type of meeting Full Coalition Meeting

Facilitator Kara Kaikini

Note taker Donna Ellis

Timekeeper

Attending remotely: Kara Kaikini, Amanda Powell, Dalal Almosoodi, Kelley Bowden, Anna Bullett, Brooke Barron, Gina Davis, Donna DeMarsh, Alycia Dymond, Ruth Griffin, Nicole Hart, Milca Issenguele, Stacey Johnston, Katherine Lary, Shelly Lazimov, Michelle Leriche, Elyse Lewis, Pauline Lumumba, Tina Duquette, Lisa Kromer, Allison Marcoux, Hibo Omer, Karen Oravitz, Cara Macburnie, Tami Marshall, Francine Mukamuyango, Lindsay Rollins, Mary Rolfe, Milca Simões, Laurel Simone, Amy VanHaren, Lilian Vitale, Samantha Blanchard, Mary Bloch, Lyndsay Mitsopoulos, Beverly Wardwell, Donna Ellis

AGENDA TOPICS

Agenda topic *Getting Grounded* | Presenter Kara K.

- Welcome - Happy World Breastfeeding Week
 - MSBC Mission shared
 - Our offerings this week are all free
 - Donations to the MSBC can be made at: <https://www.paypal.com/us/fundraiser/charity/3376296>
- Introductions - those attending introduced themselves using the chat box
- Guidelines shared

Agenda topic *Panel Discussion – Cultural Beliefs about Breastfeeding* | Presenter Kara K.

- Ibram X. Kendi states in his book *How to Be and Antiracist*, “To be an antiracist is to see all cultures in their differences as on the same level, as equals. When we see cultural difference, we are seeing cultural difference – nothing more, nothing less.” “The act of making a cultural standard and hierarchy is what creates cultural racism.” (p. 91)
- Introduction of panel members

- Francine Mukamuyango
- Hibo Omer
- Dalal Almosoodi
- Milca Issenguele
- Panel members shared information related to the following:
 - Popular breastfeeding practices in their family culture/culture of birth, use of formula and infant parenting.
 - Breastfeeding experiences in your country of origin vs experiences here in America.
 - Assumptions encountered from Americans about your culture that you would like to clarify:
 - Hands-on help or hands-off?
 - Use of formula in the first few days or use of colostrum?
 - Feelings toward the use of bottles.
 - Sleep locations for newborns.
 - Who helps a mother after she has given birth; how do they help; how long do they provide assistance?
- Kara asked what can we do to help those from other cultures?
 - Making the foods consumed around birth and breastfeeding available.
 - Doulas
 - Don't give up on the young mothers

Agenda topic Connecting the Dots | Presenter Kara K.

- New Knowledge Worth Having
 - Brooke Barron working with the Maine State Legislature, shared progress on Family Leave in Maine.
 - The legislature's Labor and Housing Committee voted to create Paid Family Leave Commission
 - The legislature is not presently in session; likely no further activity until their return in January.
 - Kara Kaikini, shared information on the Main Maternal Opioid Model, for those who are pregnant, delivering or postpartum, while also in recovery: <https://www.maine.gov/ddhhs/oms/about-us/projects-initiatives/maine-maternal-opiod-model>
 - Tina Duquette, "WIC peer counseling has been pretty much business as usual for the most part as I normally talk to moms on the phone with only an occasional visit in the office. :-) BF week is different as I usually visit our clinics to meet people face to face. Miss that this year."
 - Lyndsay Mitsopolous "We have been doing a lot of phone and text support at WIC and are hoping to get our prenatal class running again virtually soon! Right now, WIC is collecting stories for World Breastfeeding Week which have been great to read, I also encouraged them to share with

MSBC for the event tomorrow. We're definitely missing out on face to face support but are making it work."

- Kelley Bowden, the "Qualidigm Safe Sleep webinar is August 18th from noon to 1 PM. To register or ask questions, please contact Morgan at mgarguilo@qualidigm.org." Individuals are looking at diversity and safe sleep, bringing speakers from different cultures to discuss sleep.
- Gina Davis, working with Maine General WIC shared that mothers seem to be adjusting to the changes brought about as a result of COVID-19, there are concerns for the upcoming return to school.
- Tina Duquette wanted to add, "this is my 20th year homeschooling so if anyone needs any help/guidance or has questions about that feel free to contact me breastfeeding@mmcacorp.org."
- Kara Kaikini shared her experiences with online breastfeeding classes and groups. She mentioned availability of the Perinatal Newsletter. Those interested in receiving the Newsletter, please leave your email address in the chat box.
- Allison Marcoux shared upcoming improvements in the WIC store process, making purchase of items less complicated. She asked we let potentially interested individuals know about the changes as they may have stayed away due to challenges in the past.
- The MSBC website is: www.mainebreastfeeds.org

Agenda topic *Wrapping Up* | Presenter Name

- Upcoming Meetings/Events
 - 1ST Thursday of every even month
 - 12:00 – 1:00pm: Deeper Dialogue Discussion (BYO Lunch!)
 - 1:00 – 3:00pm: Coalition Meeting
 - Locations have been remote, when face-to-face locations vary
 - October 1st (location, TBD)
 - December 3rd (location, TBD)

Agenda topic *Wrap Up* | Presenter Name

- Conclusion - Meeting ended at 2:33 PM
- Minutes respectfully submitted by
Donna Ellis, Secretary, MSBC