

Maine State Breastfeeding Coalition

FULL COALITION MEETING MINUTES

Meeting date | time 10/1/2020 | 1:00 PM – 3:00 PM | Meeting location *Virtual Meeting*
www.gotomeet.me/MaineStateBFCoalition or
by phone: +1 (646) 749-3122

Meeting called by MSBC Steering Committee

Type of meeting Full Coalition Meeting

Facilitator Kara Kaikini

Note taker Donna Ellis

Timekeeper Sarah Gabrielson

Attending remotely: Jennifer Viger, Amanda Powell, Kelley Bowden, Sarah Gabrielson, Reanna Plourde, Kara Kaikini, Donna DeMarsh, Nicole Hart, Tina Duquette, Ashley Olen, Samantha Blanchard, Ruth Burke, Brittny Reynolds, Sarah Kneeland-Campbell, Brooke Barron, Sharon Economides, Ruth Griffin, Savanna Havey, Allison Marcoux, Nina Emlen, Gina Davis, Donna Ellis

AGENDA TOPICS

Agenda topic *Getting Grounded* | Presenter *Amanda Powell*

- Welcome
 - Introductions – this meeting was recorded; Kara Kaikini introduced attendees to operational details of the Go To Meeting environment.
 - Time keeper selected
 - Agenda reviewed

Agenda topic *Board of Directors Update* | Presenter *Kara Kaikini*

- World Breastfeeding Week was a success
 - MSBC offered daily webinars with over a hundred attendees throughout the week.
 - Funds were raised due to the support of our sponsors – our account balance presently is approximately \$6,000.00.
- Work continues on the Strategic Plan
- The Board is presently in the process of planning meetings for 2021 – Kara encouraged those with suggestions for future topics to share them through: <https://forms.gle/1eLQzKWLZbN2qixN8> or mainebreastfeeds@gmail.com.

Agenda topic *Inclusive Language in Breastfeeding Support* | Presenter *Sarah Kneeland-Campbell*,
(they/them) *La Leche League Leader (LLL), LLL ME/NH EDI and LLL USA EDI committee member*

- A few highlights from Sarah Kneeland-Campbell's presentation:
 - Terms
 - cis-gender – an individual who identifies with gender at birth
 - trans-gender – an umbrella term for those who do not identify with gender at birth
 - non-binary – falls outside the gender corridor
 - gender queer – non- binary
 - Biggest way to provide support within the LGBTQ community is to recognize and use an individual's pronouns.
 - If you use the wrong pronouns apologize and use the correct pronouns next time.
 - For meetings or on websites it is welcoming to use an inclusive introduction, stating your pronouns. This makes folks aware you are inclusive; indicating this is a safe space. You may include your pronouns with your email signature.
 - We should not force others to use their pronouns.
 - Other ways to support: using a variety of terms - chest feeding or body feeding in place of breast feeding; using parent(s), folks in place of mother; human milk in place of breast milk.
 - Listen for an individual's preferences.
 - It is helpful to have your pronouns on a name tag or on office sign.
 - The Nursing Dynamic is varied in the LGBTQ community – research exists for trans men and women nursing.
 - Trans Men on testosterone:
 - It is not recommended while chest feeding, supply may be negatively impacted.
 - May continue on testosterone and use SNS to insure supply.
 - Many trans men bind their breasts.
 - Induced lactation may assist trans women wanting to chest feed – a bit of research exists.
 - Gender dysphoria is a major concern. It causes a great deal of pain and is responsible for an increase in suicide.
 - Donor milk can be a consideration.
 - Some individuals may wish to chest feed following surgery. They typically need to supplement.
 - Do Not Use: tranny, transgendered, transvestite, hermaphrodite, moms like us, guys, transsexual.
 - Don't make assumptions.
 - Do use assigned gender at birth rather than biologic gender.
 - How to be a good ally: educate, if you make a mistake correct yourself, step up, provide support based on their needs.

- Sarah shared these resources:
 - Trevor MacDonald (trans male LLL Leader) has some scholarly articles about trans nursing
 - Kellymom has a section devoted to trans and nonbinary nursing: <https://kellymom.com/bf/got-milk/transgender-parents-chestbreastfeeding/>
 - <http://www.glaad.org/publications/talkingabout/terminology> (scroll down for PDF about being an ally)
 - <http://genderqueerid.com/gq-terms>
 - “Birthing and Breast or Chestfeeding Trans People and Allies” (Facebook group)
 - “Sounds like you need to be educated on transgender individuals but ok” (Facebook group)
 - “LLL Leaders Supporting LGBTQIA+ Parents and Families” (Facebook group)
 - My email is s.kneelandcampbell@gmail.com.
 - Feel free to email me directly with any questions!

Agenda topic *Connecting the Dots* | **Presenter** *Attendees*

- **Amanda Powell (she/her), Vice President of Maine State Breastfeeding Coalition. Living in Pownal, Maine, a doula and lactation counselor for 8 years!** – is working on gathering information related to donor milk and exclusive pumping. She would like to connect with experienced groups.
- **Brittney Reynolds (she/her) from Maine Families Kennebec/ Somerset county** – enjoyed the BEST Connect online conference recently, during which, helpful information on depression and breastfeeding was provided.
- **Brooke Barron (she/her) member of the Board of Directors for the Maine State Breastfeeding Coalition and policy advisor to Speaker Sara Gideon in the State House. Joining from Harpswell** – the state legislature will not reconvene before the election in November. Bills previously presented are now dead and must be resurfaced with the next legislative session. This would be a good time to discuss reintroduction of bills such as the donor breastmilk and substance exposed. There has been a deadline, generally in December. When considering, keep in mind that funding is tight. Bills with a price tag will be more of a challenge in these times.
- **Donna DeMarsh (she/her/hers) CLC, Breastfeeding & Outreach Coordinator, WIC** – is missing face-to-face WIC interactions. WIC has distributed nursing bras to community WIC offices for distribution to individuals planning to chest feed. The roll out of eWIC has been smooth and makes transactions at stores quicker.
- **Donna Ellis (she/her/hers) RN, ANLC, IBCLC, faculty with the Healthy Children Project, MSBC board member from Alfred, Maine** – wishes to locate an organization interested in becoming a human milk depot with possibility of becoming a dispensary in the future. The freezer, donated by a Sanford appliance company, is available along with the temperature monitoring technology and can be transported to the desired location. The Mother’s Milk Bank Northeast will be available for guidance, information and assistance, as will Donna, if desired. The size of the chest freezer is: 35” wide; 21” deep; 31” tall. Donna’s home phone number is: (207)324-3442 and email: donna_ellis@yahoo.com.
- **Jennifer Viger (she/her/hers) from York County Community Action WIC Biddeford office; Breastfeeding Coordinator** – indicated that twenty cases of nursing bras have arrived at the WIC office in Biddeford and Sanford. She shares that eWIC is well received.
- **Kelley Bowden** – National Association of Neonatal Nurses just released a statement about marijuana, breastfeeding, and the use of human milk:

<http://nann.org/uploads/About/PositionPDFS/Marijuana Breastfeeding and the Use of Human Milk Position Statement FINAL.pdf>

- **Allison Marcoux Breastfeeding Coordinator Maine General WIC, Somerset/Kennebec Counties** – shared that eWIC is providing clients discretion at the store. She shared that the parent of a NICU infant continued to use the Symphony “initiate” program past the recommended time. Discussion followed regarding how to provide feedback to hospitals so this anticipatory guidance gets out to families. Kara recommended contacting hospitals, providing feedback, Kelley recommended also placing the information in the perinatal newsletter.

Nina Emlen – shared that pumpspotting has a new, free, video geared to working parents body feeding their children. Clients or patients who might be interested in the video they can sign up for access here: <https://www.pumpspotting.com/support-for-working-parents>. Sarah asked if the video could be placed on the MSBC website. Nina will explore that possibility. Pump spotting just did a podcast about exclusive pumping: <https://www.pumpspotting.com/podcast-episodes/episode-19>.
- **Reanna Plourde (she/her) Breastfeeding Coordinator for WIC in Bangor covering Penobscot and Piscataquis counties** – the WIC Bangor roll out of eWIC in June was smooth and a positive change in the WIC world. Families are enjoying one-on-one safe, office visits along with secure web visits. Presently looking into providing weight checks for certain populations. Interest in research has Reanna sharing the Buddy Program from USDA and WIC pairs parent/infant dyads by date of delivery and age. https://wicbreastfeeding.fns.usda.gov/sites/default/files/2018-08/WIC_FactSheet_final%20508c_0.pdf. Amanda mentioned the evidence based birth resource <https://evidencebasedbirth.com/covid19/>. Kara mentioned the United States Breastfeeding Committee Weekly Wire <http://www.usbreastfeeding.org/p/cm/ld/fid=291>. Donna DeMarsh shared Bangor WIC was recently awarded the Loving Support Gold Award by the USDA
- **Sarah Gabrielson (she/her/hers). I am the MSBC Treasurer and the Pediatric Research Navigator at the Barbara Bush Children's Hospital. Calling in from work-at-home in Cape Elizabeth** – thinking about today’s presentation, asked about other ways to show support other than language. Sarah’s recent research project involves neonatal resuscitation.
- **Savanna Havey (she, her) from Maine family planning WIC** - Maine Family Planning/WIC is proud to support the LGBTQTA community. They have hired a second peer counselor serving Washington and Hancock Counties. Feed My Loves is a Facebook page oriented to Maine families.
- **Ruth Griffin (she, her, hers) CLC and Supervisor at Maine Families Knox, Lincoln, Sagadahoc** - reports, our staff also had an excellent experience with the online BEST conference this year, and we have two staff currently doing the online CLC certification training which is going well. The transition to virtual everything is becoming smoother. Maine Families visits and CLC breastfeeding support continue to be virtual only. Folks are finding new ways to improve that kind of support, though we would appreciate any tips or resources anyone has learned through their experience with ongoing virtual breastfeeding/chest feeding support. My email is: ruth.griffin@maine.edu phone: 207-542-8752
- **Gina Davis** – shared that Maine General WIC is offering more office visits. She would appreciate information related to Prolactinoma pituitary tumor. My email is gina.davis@mainegeneral.org
- **Kara Kaikini (she/her/hers) Maine Medical Center, Maine Perinatal Outreach Program, Maine State Breastfeeding Coalition.** Resource information: Maternal Alliance of Maine: <https://www.mhame.org/>; postpartum support international, Maine chapter: <https://psichapters.com/me>; resources from the USBC:

<http://www.usbreastfeeding.org/p/cm/ld/fid=894>; and from the National Institute of Child Health and Human Development <https://safetosleep.nichd.nih.gov/resources/sids-awareness-toolkit?eType=EmailBlastContent&eId=637a09e9-dbb5-43b7-9064-d91686bcb51f>

Agenda topic *Wrapping Up* | Presenter *Kara Kaikini*

- Each person shared what they are taking away from today's meeting.
- 2021 meetings to be determined, at this time planning to be virtual
- Upcoming Meetings/Events
 - 1ST Thursday of every even month
 - 1:00 – 3:00pm: Coalition Meeting
 - December 3rd - Breastfeeding in Emergencies (virtual)

Agenda topic *Wrap Up* | Presenter *Name*

- Conclusion - Meeting ended at 3:00 PM
- Minutes respectfully submitted by
- Donna Ellis, (she/her) Secretary, MSBC