

Maine State Breastfeeding Coalition

FULL COALITION MEETING MINUTES

Meeting date | time 12/2/21 | 1pm | Meeting location - Zoom

Meeting called by	MSBC Steering Committee	Attending in person: N/A
Type of meeting	Full Coalition Meeting	Attending remotely: Kara Kaikini, Jessica Rosenthal, Paula Norcott, Nicole Hart, Robin, Nina Emlen, Morgan Miller, Reanna Plourde, Erica Brown, Ann Marie Lindquist, Rachel Criswell, Holly Arends, Murphy, Shauna Goulet, Jennifer Viger, Kelley Simpson, Carrie Louch, Ellen Kunkle, Verna Pierre, Amanda Powell
Facilitator	Kara Kaikini	
Note taker	Jessica Rosenthal	
Timekeeper		

AGENDA TOPICS

Agenda topic *Welcome* | Presenter *Kara Kaikini*

Opportunity to Donate to MSBC – financially or with time

Committees – please join!

Board Update, Knowledge Worth Having:

https://docs.google.com/document/d/1ugfewxGPeVEAkTPBvLToZojpQKfHT8f17_M4H3wtYlw/edit

Agenda topic | Presenter *Paula Norcott, IBCLC, Doula*

Birth and Breastfeeding – find out official name

- Scheduled c/s – may affect lactogenesis stage II
 - o No/minimal hormones of labor, longer recovery, meds, parental focus/learning impacts
- Inductions: reduced pitocin/naturally-occurring oxytocin, increased risk c/s by 2-4x, increased risk pre-term/late pre-term, increased risk prolonged labor, increased epidural use, increased c/s risk
- Epidurals: 71% births in US, crosses placenta, increased risk c/s, may impact newborn behavior, increased pitocin use
 - o First feed is crucial, usually w/in 1st hour. Baby becomes sleepy after 1st hr.
 - o Increases use of fluids. Does this inflate initial newborn weight? Impacts feeding plans. Some hospitals now using 12-18hr weights to avoid this concern.
 - o Increases risk of vacuum or forceps delivery.

- Increased risk of fever in parent.
- How to intervene?
 - Increase labor support and doulas.
 - Decrease rate and duration of epidural use. Doulas can help.
 - More education for hospital staff.
 - Better continuity of care, including written policies (including for feeding practices)
 - Community Support

Agenda topic *Connecting the Dots* | Presenter *Nicole Hart, group*

New Knowledge Worth Having

- 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?
- Reflections of Paula Norcott's presentation?

Contributions:

- Nina Emlen: Doula, CLC, Pumpspotting: come open minded to birth, try to avoid preconceived notions
- Morgan Miller: midwife, MACPM (Maine Association Certified Professional Midwives): bill being discussed to increase postpartum support to fit w/ACOG recommendations. "Restore the Floor". Blood glucose level testing in hospital – how much evidence to support the regimen.
 - <https://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/1-hypoglycemia-protocol-english.pdf> - Academy of Breastfeeding Medicine blood sugar protocols
- Reanna Plourde, Bangor WIC, dietician and breastfeeding coordinator and CLC: Bangor coalition working on updating breastfeeding law cards to provide to participants regarding breastfeeding laws in public and workplaces.
- Holly Arends Murphy, IBCLC: difficulties of trying to support families in the context of flawed society and healthcare system.
- Amanda Powell, VP MSBC, program coordinator MH Perinatal Substance Use and Childhood Lead Program, doula: amazed at high percentage of epidural use. Working as MA and hearing concerns in peds offices.
- Erica Brown, director __ at state of Maine. Launched Pumpspotting in her workplace.
 - <https://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/1-hypoglycemia-protocol->

english.pdf

- Jennifer Viger, Biddeford WIC breastfeeding coordinator: great refresher to hear Paula's presentation.
- Ann Marie Lindquist, NE Milk Bank: MA Breastfeeding Coalition has mini-session on donor milk screening and safety.
 - o <https://tinyurl.com/5c9cvy8z>
- Robin Drumond Diamond __