



Connecting the Dots Meeting

March 2, 2023

MINUTES

12:00 - 12:05 pm

Getting Grounded - Welcome, agenda review

In attendance:

Kara Kaikini

Nina Emlen

Morgan Miller

Kate Dewar

Shauna

Alesha Kutzli

Ashley Reth

Audra Buschagen

Cynthia Grass

Erica Carlson

Grace

Jenny Doyle

Lauren Howland

Robin Snyder-Drummond

Sierra Holland

Ashley Edmondson

12:05 – 12:10pm

Board of Directors Update

Advocacy Committee: focused on Paid Leave, donor milk

Events Committee: Patchwork of Parenthood, looking for submissions, World Breastfeeding Week in August

Workplace Support Committee: working on toolkit

Communications:

Fundraising: always looking for more support here, let us know if you know have any grant writing experience

12:10 – 12:50pm

Connecting the Dots

- **Introductions (name, organization/town/city)**
- **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?**

Kara Kaikini

Nina Emlen

Morgan Miller - CPM in Bath at Soft Corner Midwifery, new birth center open, legislation to reduce scope of practice for CPMs by taking away some postnatal support including lactation support

Kate Dewar - midwife and IBCLC in Kingfield, trying to network and get her name out there, offering groups and classes.

Shauna Goulet - looking for local baby expos, would love to be part of any future expos, “Count the Kicks” campaign, helps pregnant people be more in touch with their pregnancies and their babies, lowers the rate of stillbirth by 1/3, very simple and effective program

Alesha Kutzli -

Ashley Reth - program manager at Maine Health, Let's Go community health, looking to collaborate on creating workplace toolkit for employers/employees, Kara to send invite to workplace committee

Audra Buschagen - works with Ashley at Let's Go, Kara to intro to Sarah Austin and Paula Norcott

Cynthia Grass - all 6 public health nurses she works with are CLCs, work with maternal-child health, start support prenatally, statewide with job openings, Big Latch On event for entire state of Maine—looking for partners to help pull it off. April 14th 10:30AM, over Zoom.

Erica Carlson - Breastfeeding Coordinator, Bangor WIC Clinic, had a “Baby Expo” for people to learn about what's available in the community for resources

Grace Cook - doula in Bridgton, full spectrum doula with 60 mile radius, shared this research: <https://www.sciencedirect.com/science/article/pii/S0002937823000042?dgcid=coauthor>

Jenny Doyle - Public health nurse, hired two new nurses and they will become CLCs, feeling

challenged by new moms feeling like they aren't producing enough, getting busier, but large capacity to take more

Lauren Howland - midwife at Soft Corner, Newish Parent Social Club, less of a facilitated support group but more of a casual gathering. Still a lot of resource sharing. Last Friday of each month from 6-9.

Robin Snyder-Drummond - IBCLC in Ellsworth, tummy time classes, applied for a grant

Sierra Holland - looking for IBCLC, based in Bath, queer & trans affirming

Ashley Edmondson

12:50 – 1:00pm

Wrapping Up

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



Seeking Volunteers for MSBC Committees

We have several busy, ambitious committees who would love more minds and hands to support the work of the MSBC mission.

- Advocacy Committee
- Events Committee
- Workplace Committee
- DEI (Diversity, Equity, Inclusion) Committee
- Communications Committee
- Fundraising Committee

[Sign Me Up! I Want To Help!](#)

[MSBC Committees Volunteer Form](#)



There are 3 easy ways to donate to the MSBC:

1. Go to our [Paypal Charity page](#) and make a donation in ANY amount.
 2. Have you seen the [Facebook Birthday Fundraisers](#)? It can't get much easier than this! Consider the Maine State Breastfeeding Coalition as the beneficiary of your [Facebook Birthday Fundraiser](#).
 3. If you are better positioned to donate your TIME, there are plenty of opportunities there, too! Fill out our quick [Volunteer Form](#) and we'll be in touch!
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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?

CONTINUING EDUCATION RESOURCES

BEST Connection Conference: *May 11-12, 2023*

RESEARCH

Breastfeeding: crucially important, but increasingly challenged in a market-driven world

Prof Rafael Pérez-Escamilla, PhD, Cecília Tomori, PhD, Sonia Hernández-Cordero, PhD, Phillip Baker, PhD

Aluisio J D Barros, PhD MD, France Bégin, PhD, et al.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(22\)01932-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(22)01932-8/fulltext)

“Self-reported insufficient milk continues to be one of the most common reasons for introducing commercial milk formula (CMF) and stopping breastfeeding. Parents and health professionals frequently misinterpret typical, unsettled baby behaviours as signs of milk insufficiency or inadequacy.

Breastfeeding is not the sole responsibility of women and requires collective societal approaches that take gender inequities into consideration.”

PARENT RESOURCES

Childcare Resource: <https://weecare.co/>

LEGISLATIVE UPDATES/ADVOCACY

- **Paid Family & Medical Leave**

- **Latest:**

- Paid Leave Commission report came out on February 7
- Report back to Labor & Housing will be on March 7 - this will be very technical and focused on what is neutral and what is overwhelmingly unanimous
- Commission chairs are working on bill drafting – would like to have this out end of March
- **Action steps** to get governor and committee members on board:

- **Get Involved!**

- <https://mainefamilyleave.org/takeaction>
- Write LTEs & OpEds that the Governor's team can see consistently and hear/see why this is needed
- Know a small business? Have them sign this [pledge](https://airtable.com/shrzMogGAFiQoQEN8):
<https://airtable.com/shrzMogGAFiQoQEN8>
- **Read the stories of Mainers** who needed time to care – or whose lives were transformed by access to PFML and **share your own**:
<https://forms.gle/zjQRBhHAd2PqBrCZ8>. We're here to support you along the way!
 - These stories can be shared in an informal, relaxed interview, they can be recorded, or they can simply be written down and sent in with a photo.

Enhancing Your Advocacy Work for New Parents and Families

Tuesday, April 11th

12-1pm

Virtual Webinar

This event will focus on explaining advocacy, dispelling myths about the legislative process. It will connect paid leave to reproductive justice, specifically abortion rights, prenatal and postpartum care, breastfeeding, etc. The goal is to share tools, specific action steps, and ways people can stay engaged in advocacy throughout the year. This is hosted by the coalition with support from the Maine State Breastfeeding Coalition, Mabel Wadsworth Center, Planned Parenthood of Northern New England, Maine Family Planning, Maine Women's Lobby, and Restore the Floor.

Registration info to come.

EVENTS

- **Upcoming MSBC meetings, webinars, and events** are listed here:

<https://www.mainebreastfeeds.org/events>

- April 6th, 12-1pm: Educational Webinar: “Expressing Milk for Your Child at Work - What Helps and What Stands in the Way?”
- April 14th, 10:30am - Global Latch On (virtual, stay tuned!)
- May 4th - MSBC ANNUAL MEETING (30 min MSBC presentation, 30 min Networking/Connecting the Dot)
- May 11-12th - BEST Conference
- May 13th - Patchwork of Parenthood! 7pm, One Longfellow Square, Portland
- June 1st - MSBC Educational Webinar - Breastfeeding & Human Milk (Dr. Jessica Rosenthal)
- June 8-10 - USBC Conference, Bethesda, MD
- July 6th- IN PERSON MSBC Connecting the Dots Meeting (12-1 or 2pm)
 - Location preference??
- August 1-7 - World Breastfeeding Week

JOB OPPORTUNITIES

OTHER NEWS

USBC Conference:

The U.S. Breastfeeding Committee is pleased to announce the continuation of the [Awards Program for the 2023 National Breastfeeding Conference & Convening \(NBCC\)](#).

Being an awardee at the NBCC can open new doors for creating meaningful relationships. Meet others working within the lactation field and connect about your shared passions! All award recipients will receive complimentary conference registration, airfare, and lodging for the convening, which will be held from Thursday, June 8, to Saturday, June 10, 2023, in Bethesda, MD.

The USBC Awards Committee invites breastfeeding and human milk feeding advocates to apply within any of the following categories for which they're eligible:

- The **Hamlin-Taylor Emerging Leader Award** recognizes early or emerging leaders (serving <10 years) who are actively involved in the protection, promotion, and support of breastfeeding and human milk feeding so that it is a viable option for families. Active members of state, territorial, tribal, local, or cultural breastfeeding coalitions in the United States are encouraged to apply.
- The **Native Knowledge Award** honors talented and dedicated individuals who identify as American Indian/Native American, Native Hawaiian, and Alaska Native and are actively involved in the protection, promotion, and support of breastfeeding and human milk feeding so that it is a viable option for families.
- The **Cultural Changemaker Award** celebrates leaders and members of cultural breastfeeding coalitions and community-based organizations actively engaged in the protection, promotion, and support of breastfeeding and human milk feeding in priority populations, as defined by the USBC. Preference will be given to individuals who identify as members of priority populations, as defined by the USBC.

To learn about the application and review process, and link to the application, [visit the awards page of the USBC website](#).

We invite you to please share this announcement widely with your networks.

The application deadline is Sunday, March 12, 2023, at 11:59 p.m. PT.

Please reach out to conference@usbreastfeeding.org with questions. Thank you.

~ the USBC Awards Committee

SAVE THE DATES for 2023!

MSBC Educational Webinars

1st Thursday of every even month
12-1pm

April 6th

June 1st

August 3rd (WORLD BREASTFEEDING WEEK!)

October 5th

December 7th

We're in the process of planning topics and speakers. What would you like to learn about/who would you like to hear from? [Email us!](#)

Connecting the Dots/New Knowledge Worth Having*

1st Thursday of every odd month
12-1pm

May 4th: *Annual Meeting*

July 6 - IN PERSON GATHERING (Location TBD!)

September 7th

November 2nd

**Connecting the Dots: an opportunity to connect everyone from around the state and share 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?*