



About Us



Greetings Devon,

First Food is proud to bring you another issue of our newsletter, where you can find the latest breastfeeding guidance, updates, resources in your community, and upcoming educational opportunities and events.

We encourage you to share information found in this newsletter, with your network.

If you would like to submit items for the First Food e-Newsletter, become a community partner, or for any breastfeeding program technical assistance, please contact [Bridget Neumaier](#).

Warmly,

The First Food Team

**Join us for our remaining
Spring 2023 Collaborative Meetings!**



Register

**North East/ North
Central
May 9, 1-3pm**



Register

**South East
May 16, 1-3pm**



Are you hosting any events in August for World Breastfeeding Week, Black Breastfeeding Week, and/or National Breastfeeding Month?

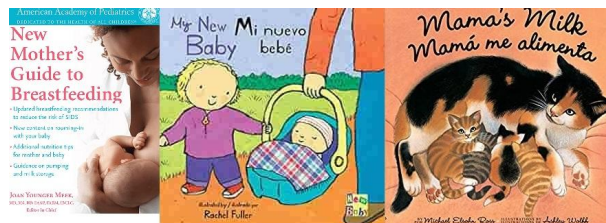
Email Kaiden and let us know how we can best support you!

Breastfeeding Library Story Kit

In an effort to educate communities across Pennsylvania about the importance of human milk as "First Food," we have developed a free Breastfeeding Library Story Kits as a story time resource for libraries to help normalize breastfeeding!

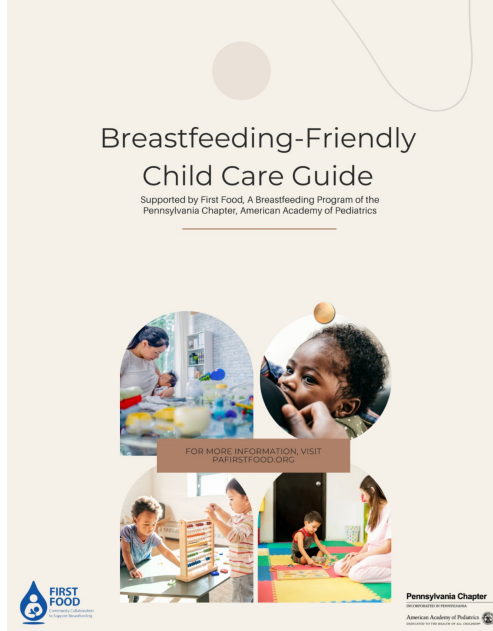
Libraries and librarians play a unique role in providing health information and have an opportunity to improve public support of chest/breastfeeding by ensuring that children's collections include picture books that depict breastfeeding in other mammals, in an age-appropriate manner.

If you or anyone you know is interested in learning more about the storykit, please contact Bridget Neumaier.



Breastfeeding Friendly Child Care Guide

First Food developed a
Breastfeeding-Friendly Child



Care Guide to explain how child care programs can best support breast/chestfeeding parents and their children in their care, by following national breastfeeding and infant feeding standards.

For more information on how to acquire the guide, please reach out to Kaiden Levy.

EPIC BEST Office Presentation

EPIC | Educating Practices In their Communities
BEST
 Breastfeeding Education, Support and Training
Promoting the initiation and increasing the duration of breastfeeding.

The **EPIC (Educating Practices/Physicians in their Communities) - BEST** program is a statewide practice education program using office-based change as the key to promote initiation and increasing the duration of exclusive breastfeeding. BEST is funded by the PA Department of Health and contractually administered by the PA Chapter, American Academy of Pediatrics.

This 1-hour CME/CEU program helps physicians, nurses, and staff:

- Recognize misconceptions by health professionals that create barriers to breastfeeding.
- Develop office, hospital, and workplace policies to support breastfeeding.
- Provide anticipatory guidance to support mothers to successfully breastfeed.
- Assist women with breastfeeding problems, and help them utilize community.

To schedule a live in person or live virtual training, email **Kaiden Levy** at klevy@paap.org

or access BEST online through UPMC's Internet-based Studies in Education and Research (SIR) web portal:
<https://cme.hs.gli.edu/SER/app/learn/loadModule?moduleId=19833>

For more information or questions, contact:
 Debbie Schell, Program Director - dschell@paap.org

Pennsylvania Chapter
 American Academy of Pediatrics

Do you know a practice that might be interested in participating in a Breastfeeding Training with our EPIC BEST Program?

The free EPIC BEST (Breastfeeding Education, Support, and Training) program is a one-hour statewide CME/CEU practice education program using office-based change as the key to promoting initiation and increasing duration of exclusive breastfeeding. EPIC BEST aims to improve policies that support breastfeeding, recognize misconceptions that create barriers and provide guidance to support parents in feeding and more. This training can be offered in person or virtually.

Download the Training Request Form

Download the fillable Training Request Form and send to Kaiden Levy to schedule a live in person or live virtual training.

Breastfeeding Posters

First Food has developed posters to promote breastfeeding in medical offices, hospitals, and public spaces. We have these posters available in **English, Spanish(US), Simplified Chinese, Korean, Arabic, and Vietnamese**. [They can be downloaded from our website.](#)

Visit our Website



Events, Updates, & Resources

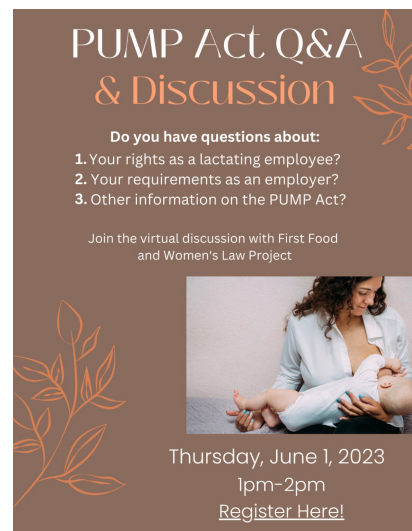
PUMP Act Q&A and Discussion

With the recent legislation on the PUMP Act in 2022, there are a lot of questions from both employees and employers.

Join First Food and Women's Law Project to ask questions, learn more about the PUMP Act, and discuss with others across the state.

Date: Thursday, June 1, 2023
Time: 1pm - 2pm ET

[Register here](#)



2023 Pediatric Academic Societies Meeting: Presenter's discussed breastfeeding



Jennifer Zarit, MD, IBCLC, FAAP pictured above

[Read more about the presentation here](#)

Jennifer Zarit, MD, IBCLC, FAAP assistant professor at UPMC Children's Hospital of Pittsburgh, one of the advisors for PA AAP Breastfeeding Programs, sought to explain the process of breastmilk production, provide the benefits of breastfeeding, and know how to respond to questions about lactation in their presentation.

Protect Sick Babies Bill Update

SB500 came out of committee on May 2, 2023. Mandated Medicaid coverage for donor milk for inpatient and outpatients with certain conditions. Now is the time to educate your legislators on the value of donor milk to babies. [Learn more.](#)

Update to Clinical Guidelines for Infant Feeding by the National Institute of Health (NIH), Clarifying Breastfeeding Guidance for People with HIV

[Read about these guidelines](#) published February 2023 on the HIV.Gov website, funded by the US Department of Health and Human Services. Or an [article](#) from the Journal of Pediatric Infectious Diseases Society published in January 2022.

The aforementioned documents do not represent the American Academy of Pediatrics policies or guidelines which remain in opposition to mothers breastfeeding with HIV.

[Read about the American Academy of Pediatrics position on this matter here](#) or about a specific [NY 2022 study](#) by the Academy of Pediatrics [here](#).

Global partners announce a new effort – “The Big Catch-up”



Breastfeeding is an infant's first immunization.

The World Health Organization (WHO), UNICEF, Gavi, the Vaccine Alliance and the Bill & Melinda Gates Foundation, along with Immunization Agenda 2030 and many other global and national health partners, are today joining forces to call for “The Big Catch-up”, a targeted global effort to boost vaccination among children following declines driven by the COVID-19 pandemic. [Read more about this effort here.](#)

Breastfeeding and the NICU Webinar Series

BREASTFEEDING AND THE NICU WEBINAR SERIES

Webinar I

Benefits of Breastmilk/Breastfeeding for the High-Risk Neonate

Friday June 2nd, 12-1 pm

Constance Andrejko, DO, MSHQS, CPE, FAAP

Objectives:

- Discuss importance of breastmilk for high risk neonates
- Discuss how to establish breastmilk supply
- Discuss contraindications to breastmilk

Webinar II

Breastfeeding Success for the High-risk Neonate as they transition home

Friday June 30th, 12-1 pm

Kim Costello, DO, MMM, CPE, FAAP

Objectives:

- Discuss how to obtain donor BM after hospitalization
- Discuss how to transition from bottle to breast
- Discuss community resources available

**Webinar 1:
Friday, June 2
12-1 pm**

**Webinar 1
Registration**

**Webinar 2:
Friday, June 30
12-1 pm**

**Webinar 2
Registration**

Continuing Education

PA AAP Breastfeeding Programs Online Modules



Keystone 10

[Keystone 10 Module 1: Global Strategy for Infant and Young Child Feeding](#)
[Keystone 10 Module 2: Communication Skills](#)
[Keystone 10 Module 3: How Milk Gets From Breast to Baby](#)
[Keystone 10 Module 4: Promoting Breastfeeding During Pregnancy](#)
[Keystone 10 Module 5: Birth practices & breastfeeding](#)
[Keystone 10 Module 6: Helping with Breastfeeding](#)
[Keystone 10 Module 7: Practices that Assist Breastfeeding](#)
[Keystone 10 Module 8: Milk Supply](#)
[Keystone 10 Module 9: Supporting the non-breastfeeding mother and baby](#)
[Keystone 10 Module 10: Infants and Mothers with Special Needs](#)
[Keystone 10 Module 11: Breast and Nipple Concerns](#)
[Keystone 10 Module 12: If the Baby Cannot Feed at the Breast](#)
[Keystone 10 Module 13: On-Going Support for Mothers](#)
[Keystone 10 Module 14: Protecting Breastfeeding](#)
[Keystone 10 Module 15: Making Your Hospital Keystone 10 or Baby-Friendly](#)
[Keystone 10 Module 16: A Supplement to the 15 Hour Interdisciplinary Breastfeeding Management Course for the hospitals of Pennsylvania](#)

First Food

[Let's Talk Breastfeeding: Enhancing Health Equity in Breastfeeding: Exploring Cultural Influences and Opportunities to Increase Breastfeeding Support - NURSING CNE Accredited](#)
[Let's Talk Breastfeeding: Enhancing Health Equity in Breastfeeding: Exploring Cultural Influences and Opportunities to Increase Breastfeeding Support - Physician CME Accredited](#)

EPIC BEST/BEST Plus

[EPIC® - Breastfeeding Education, Support and Training \(BEST\)](#)
[EPIC® - \(BEST\) Plus: Module 1 - Birth Through 14 Days](#)
[EPIC® - \(BEST\) Plus: Module 2 - Two Weeks to Six Weeks](#)
[EPIC® - \(BEST\) Plus: Module 3 - Lactation and Breastfeeding Beyond 6 Weeks](#)

Access Online Modules

Instructions for Creating Login

Twenty one **free** breastfeeding online learning modules are available [here](#) for those that work/live in Pennsylvania through our EPIC BEST, EPIC BEST Plus, Keystone 10, and First Food programs. CME/CEU credit is available.

If you have questions about the online modules, please reach out to Devon Gilinger at dgilinger@paaap.org or by clicking [here](#).

Basecamp

You've been invited!

One of the many perks of being a First Food Community Partner is joining the Basecamp platform for free.

You might not have seen the invitation come in your inbox, but it might be in your spam/junk mail!

Sign in today to ask questions, post information, respond, and communicate with community partners both across the state and regionally.



Check out this clip to see everything you can do.

Questions? Email Devon for more info on your invitation at dgilinger@paaap.org

To submit something to share in this e-Newsletter, or to become a communitiy partner please contact Devon Gilinger at dgilinger@paaap.org.

Pennsylvania Chapter

INCORPORATED IN PENNSYLVANIA

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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