



January 2023

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Greetings Devon,

Happy January! We hope everyone enjoyed their holidays and we wish you a prosperous new year! First Food is proud to bring you another issue of our newsletter, where you can find the latest breastfeeding guidance and updates, resources in your community, and upcoming educational opportunities and events. We hope you find this resource valuable and encourage you to share this information 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 at bneumaier@paaap.org.

Warmly,

The First Food Team

Congratulations, Dr. Debra Bogen, on being appointed as Pennsylvania Secretary of Health

Dr. Debra Bogen, a former Pediatric Advisor for our Breastfeeding Programs at PAAAP, Director of the Allegheny County Health Department (ACHD), a board-certified pediatrician, and one of the founders and volunteer Medical Directors of the Mid-Atlantic Mothers' Milk Bank, has been appointed as new Secretary of Health in Pennsylvania.

Prior to her appointment as ACHD Director, Dr. Bogen held primary academic appointment as the Professor of Pediatrics at the University of Pittsburgh and secondary appointments in Psychiatry and Clinical and Translational Sciences. She served as the Vice Chair of Education for the Department of Pediatrics at UPMC Children's Hospital of Pittsburgh. In March 2020, she pivoted toward Public Health full-time, nearly two months in advance of her scheduled start date, to address the onset of the COVID-19 pandemic, by guiding the county through numerous and unpredictable challenges brought on by the pandemic.

Dr. Bogen earned her medical degree from the University of Colorado School of Medicine and completed both her Pediatric residency and General Academic Pediatrics fellowship at Johns Hopkins Hospital. Dr. Bogen has continuously and tirelessly demonstrated her commitment to improving community and family health using public health data to drive policy and practice. We congratulate her for her new endeavor!

Spring 2023 Collaborative Meetings

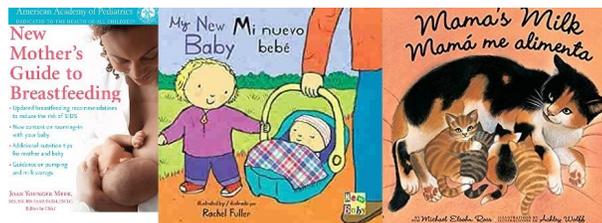
As we begin preparing for our First Food & Keystone 10 Spring Collaborative Meetings in April and May, we welcome our partners to reach out with topics of interest and/or speaker recommendations. Please reach out to Bridget Neumaier with suggestions at bneumaier@paaap.org or by clicking [here](#).

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.

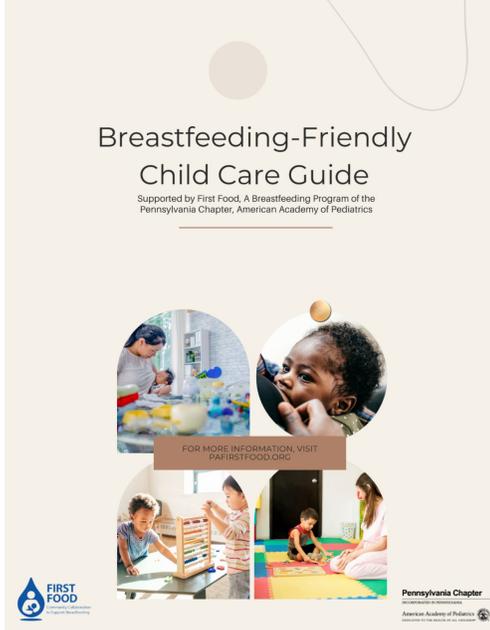
If you or anyone you know is interested in learning more about the storykit, please contact Bridget Neumaier at bneumaier@paaap.org



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 at



EPIC BEST Office Presentation

The flyer for the EPIC BEST program features a blue header with the logo and text: "EPIC | Educating Practices in their Communities BEST Breastfeeding Education, Support and Training Promoting the initiation and increasing the duration of breastfeeding." Below this, it states: "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." It lists the program's goals: "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." Contact information is provided: "To schedule a live in-person or live-virtual training, email Kaiden.Levy@paaap.org or access BEST online through UPAC's Internet-based Studies in Education and Research (ISER) web portal: <https://www.hq.upenn.edu/ISER/Support/learn/qaq/faq/faq.html?id=19833> For more information or questions, contact: [Dottie.Schell, Program Director - dschell@paaap.org](mailto:Dottie.Schell@paaap.org) Logos for "Pennsylvania Chapter American Academy of Pediatrics" are at the bottom.

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 fillable Training Request Form and send to Kaiden Levy, klevy@paaap.org to schedule a live in person or live virtual training.

Download the Training Request Form

Events, Updates, & Resources

The Providing Urgent Maternal Protections for Nursing Mothers Act (PUMP) was passed!

The PUMP for Nursing Mothers Act has been signed into law! This legislation means that:

- Provides the right to break time and space to pump breast milk at work to millions more workers, including teachers and nurses
- Makes it possible for workers to file a lawsuit to seek monetary

- remedies in the event that their employer fails to comply
 - Clarifies that pumping time must be paid if an employee is not completely relieved from duty
 - [Learn more about the PUMP Act and what this legislation will do here.](#)
-

Obesity Might Lower Milk Production in Breastfeeding Moms

Lead author [Rachel Walker](#), postdoctoral fellow in nutritional sciences at Penn State University found a strong correlation between fatty acids that you eat to the ones in your blood. Learn more about the study [here](#).

100 Infant Deaths linked to Recalled Fisher Price Sleeper

The recalled Fisher-Price sleeper and similar products, such as the Kids2 Rocking Sleeper have been linked to the death of over 100 infants. With little support and restraint, many of them have rolled over and suffocated. We want to remind parents, families and healthcare practitioner's to not use, sell or donate this product or similar products.



Dr. Lois Lee, chair of the American Academy of Pediatrics council on injury, violence and poison prevention, said that it was heartbreaking that more infants had died since the products were initially recalled. *“This just underscores how much harder it is to remove millions of dangerous products from homes than it is to never allow them to be sold in the first place,”* said Dr. Lee. *“While the C.P.S.C. now has stronger rules for any new infant sleep product and a ban of all inclined sleepers, those protections cannot undo the tragic losses families have experienced from a recalled product.”*

Photo Credit: NY Times

Addressing Concerns inflated by Social Media Platforms

Scottish TikTok influencer, Jasmine Chiswell told her 16 million followers that her 11 month old son nearly bit off her nipple- leaving the tip hanging off. Comments ranged from viewers voicing their fears about breastfeeding to others wondering if they should start to bottle feed. It's important parents are reminded to ask a IBCLC, an RN, a doctor or other healthcare providers for medical information and to never rely on social media for medical advice. [Learn more about the story here.](#)



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.

Breastfeeding is Important

For Baby

- Supports healthy immune system
- Protects against illnesses and diseases
- Lowers risk of SIDS, asthma, obesity, diabetes, ear infections, and stomach flu

For Parent

- Reduces risk of postpartum depression
- Promotes bonding between baby and parent
- Lowers risk of breast and ovarian cancer(s), diabetes, high blood pressure, high cholesterol, and heart disease
- Supports return to prepregnancy weight and restores uterine size

For the World

- Reduces environmental pollution and waste
- Promotes health, decreases sick days, doctor's visits, and missed work
- Improves health, leading to lower healthcare costs

First Food recognizes the term "breastfeeding" may not represent all feeding individuals. First Food supports breastfeeding as the primary method of feeding for babies and parents who experience physical, mental, and social barriers. Family members in their preferred roles.
A program of PAAP (Pennsylvania Association of Public Health Nutritionists) and PAAP (Pennsylvania Association of Public Health Nutritionists) is a 501(c)(3) nonprofit organization. For more information, visit www.pafirstfood.org

Best Infant Nutrition Feeding/Stages

Breastfeeding is important for parent and baby. Human milk promotes ideal child growth and development. As your baby grows, your milk will change to meet their nutritional needs. Breastfeeding can also help protect you and your baby from illnesses and diseases.

Newborn-6 Months

Human milk provides the best nutrition for infants.*

6-12 Months

Human milk and iron rich solid foods meet baby's nutritional needs.

12-24 Months

Human milk continues to be important along with a balanced diet using MyPlate.

2+ Years

Human milk and a balanced diet support continued child growth and development and provide immune protection.

*Infants should receive vitamin D supplements starting in the first few days of life. Vitamin D and iron-fortified foods are important for a child's growth.



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Visit our Website

PABC Lactation in the Workplace Survey



PABC has launched a survey to deepen the understanding of how breast/chest-feeding is conducted in workplaces across Pennsylvania. This survey is open to any employee or employer and can be found [here](#).

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 CME 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 communtiy 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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