



FIRST FOOD

Community Collaboration
to Support Breastfeeding

December 2022

About Us



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Greetings Devon,

Happy December! Read our newsletter to learn about the latest breastfeeding news, updates, resources, and upcoming educational opportunities and events. This monthly e-Newsletter is one of the fantastic benefits of being a First Food community partner and serves to provide you with the tools and information you need to support mothers, babies and families throughout their breastfeeding journey! To submit items for the First Food e-Newsletter or for any breastfeeding program technical assistance, please contact Bridget Neumaier at bneumaier@paaap.org.

Food For Thought:

This month we recognize everyone celebrating their respective festivities in December. The work we do to promote, support and protect breast and chest-feeding year-round will always embrace all communities. We thank our community partner organizations that work to close the gap of breast/chest-feeding disparities in communities across the state. One of the goals of First Food is to cultivate collaboration opportunities between organizations, because we have seen first-hand, the impact of working together. Our favorite saying is that collaboration is half the work and twice the reach. We hope to see you for our Spring collaborative meetings!

In Community,
The First Food Team

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](#).

Preparation for the Spring 2023 Collaborative Meetings

As we begin preparing for our Spring Collaborative Meeting, we welcome our partners to reach out with topics of interest and speaker recommendations. Please reach out to Bridget Neumaier at bneumaier@paaap.org or by clicking [here](#).

Interested in participating in our Library Story Kit?



In an effort to educate communities across Pennsylvania about the importance of human milk as "First Food," the Pennsylvania Chapter, American Academy of Pediatrics is providing public libraries with free Breastfeeding Library Story Kits as a story time resource 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.

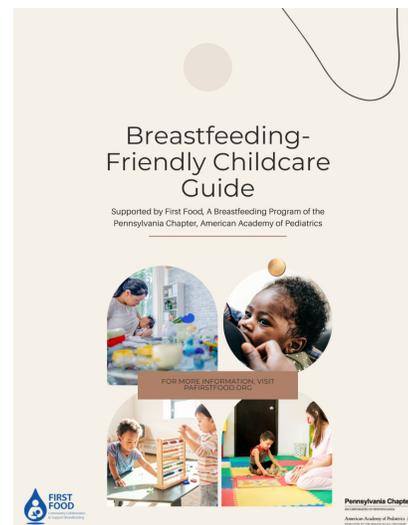
If you or anyone you know is interested in learning more about this initiative, please contact Bridget Neumaier at bneumaier@paaap.org



Breastfeeding Childcare Guide

The guide explains how your childcare center can best support breast/chestfeeding parents and their children in your 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 Klevy@paaap.org or by clicking [here](#).



Would your practice or that of a colleague be interested in participating in a Breastfeeding Training with our EPIC BEST (Breastfeeding Education, Support, and Training) Program?



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@paaap.org

or access BEST online through UPMAC's Internet-based Studies in Education and Research(SIER) web portal:
<https://cme.hs.upmc.edu/SIER/app/dp/barrier/paid/Module?moduleId=19833>

For more information or questions, contact:
Dorrie Sireni, Program Director: dsireni@paaap.org

Pennsylvania Chapter
American Academy of Pediatrics
Breastfeeding Education, Support and Training

The EPIC BEST 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.

Download the fillable Training Request Form and send to Kaiden Levy, klevy@paaap.org to schedule a live training.

Download the Training Request Form

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](#)

21 **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](#).

Access Online Modules

Instructions for Creating Login

In the News

Breastfeeding and the development

of verbal and spatial ability



Credit: CDC

Creator: Regina Maria Roig-Romero

Researchers at the University of Oxford followed nearly eight-thousand babies from birth until age 14, studying how long the child was breastfed and the impact that had later on their verbal and spatial abilities.

They found a slight advantage for breastfeeding, if the babies were breastfed for at least one year. Many parents of newborns have a choice to make, feed the baby breastmilk, formula or both? Those options aren't available to everyone, but for those who can breastfeed, a new study shows there are benefits for children, well into their teenage years.

[Learn more here](#)



Credit: Black Mothers

Breastfeeding Association

Speaking to your patients about D-MER



Creator: Monkey Business Images

Dysphoric Milk Ejection Reflex, or D-MER, is tied to breastfeeding, and it causes intense feelings that some patients have described as traumatizing. "It's this feeling of doom," Dr. Tamar Gur, a women's health expert and reproductive psychiatrist at the Ohio State University Wexner Medical Center, tells Yahoo Life. D-MER is an abrupt emotional "drop" that happens in some women just before their milk is released while breastfeeding, according to a case report on the condition. It usually only lasts a few minutes and feelings can range in severity from wistfulness to self-loathing, the report states. It's not known exactly why D-MER happens but one hypothesis is that it could be due to a drop in the neurotransmitter dopamine when a woman's milk is released. Parents, you are not alone. Please visit our website if you, or someone you know is experiencing this. There are free resources to help you speak to a professional.

[Read more here](#)



Credit: CDC Creator: Davis Carothers



Vaxart Announces Collaborative Funding from Leading Foundation to Study Its Norovirus Vaccine Candidate in Breastfeeding Mothers



Tiny molecules in breast milk may protect infants from developing allergies

Bill & Melinda Gates Foundation Study will focus on determining the ability of oral vaccine tablets to induce breast milk antibodies and transfer of antibodies to young infants. A new study of Vaxart's oral pill norovirus vaccine candidate focused on protecting breastfeeding mothers and their infants. The study will examine whether Vaxart's vaccine candidate induces antibodies in the breast milk of lactating mothers and whether infants up to 6 months of age can acquire those antibodies. Vaxart believes there are potential advantages to this approach.

[Learn more](#)

Tiny molecules in breast milk may protect infants from developing allergies. A new study finds that small molecules found in most humans' breast milk may reduce the likelihood of infants developing allergic conditions like atopic dermatitis and food allergies.

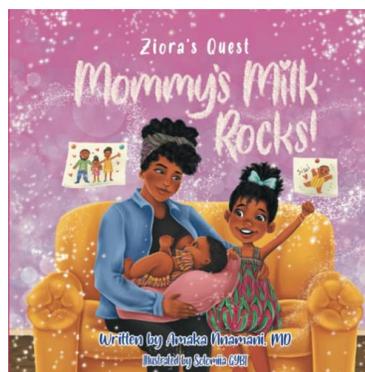
[Learn more](#)

PA AAP Member and Chapter Breastfeeding Coordinator

This month we would like to share Dr. Amaka Nnamani's book, featured on ABC27 News. Dr.

Nnamani is a board certified general pediatrician, a passionate breastfeeding advocate, member of the Pennsylvania Breastfeeding Coalition and now, author. She is a member of the Pennsylvania . *Mommy's Milk Rocks* (2022) is about her daughter's journey in embracing breastfeeding.

[Visit the news interview here](#)



NY Times: *Four mothers share what it takes to breastfeed a baby*

[Learn about their stories here](#)

Events, Updates, & Resources

Keystone Scholars Program



The Keystone Scholars Program, Pennsylvania Treasury provides \$100 for every baby born to a PA Family on or after January 1, 2019, including children adopted by PA families, to be used for future postsecondary education expenses - including tuition, fees, books, and more at a vocational or technical school, community college, two-year college, or four-year university.

[Register on this website](#)

Please tell your patients, and your community healthcare partners about the program. Families will receive a letter from PA Treasury with information on their child's account about 4-6 months after the baby is born, and reassure them that the \$100 account is real and is being provided to every child.

Aftershock (2022)

Aftershock is an American documentary film, directed and produced by Paula Eiselt and Tonya Lewis Lee. It follows Omari Maynard and Bruce McIntyre, whose partners died due to childbirth complications, which were preventable, and their fight for justice. The painting illustrated by Omari, is of his partner. Omari has painted numerous portraits for other men who have also lost their partners, as a way to cope with his grief and venerate the lives lost.



It had its world premiere at the 2022 Sundance Film Festival on January 23, 2022. It was released on July 19, 2022, by ABC News Studios, Hulu and Onyx Collective.

[View the Trailer here](#)

Call to Action: Help Pass the Protect Sick Babies Act or Owen's Law

Owen's Law is a legislation to cover and reimburse for medically prescribed pasteurized donor milk (PDHM) through insurance coverage to include inpatient and outpatient babies who have serious medical conditions. These medical conditions include babies who have a very low birth weight, a high risk of developing necrotizing enterocolitis (NEC) and those with a congenital heart disease that requires surgery in the first year of life, among other conditions. This legislation is meant to protect vulnerable and medically fragile babies who need it most. Dr. Kim Costello discusses the importance of donor milk in the NICU.

[Watch her brief Vimeo video here](#)

Protect the smallest and most fragile Pennsylvanians.

Pass the Protect Sick Babies Act - Owen's Law.

Medically prescribed pasteurized donor human milk (PDHM) saves and improves infant lives.

Senate Bill 1202 (Brooks) and House Bill 2017 (Thomas/Davis) expand access to PDHM by establishing insurance reimbursement for medically necessary donor milk.

Evidence-based.

Evidence shows that the use of PDHM when a mother's own milk is unavailable **reduces mortality rates, lowers healthcare costs, and shortens hospital stays**, while increasing rates of exclusive maternal breastfeeding upon discharge.¹

Lessens healthcare costs.

Preterm births have an annual overall cost in the U.S. of at least \$26 billion.² For babies in the NICU, **PDHM provides unparalleled protection** against serious and costly medical complications. Based on 2017 figures, **if just one infant with NEC is able to avoid surgery, the savings would parallel the total estimated costs of donor milk across Pennsylvania on an annual basis.**

Reduces NEC/NAS symptoms.

PDHM provides premature and at-risk babies with robust protection against the development of necrotizing enterocolitis (NEC), an inflammation of the intestines that can cause lifelong disability or even death; **an exclusive human milk diet can decrease the overall incidence of NEC by up to 80% and the rate of surgical NEC by over 90%.**⁴ For drug-exposed infants, PDHM may also reduce Neonatal Abstinence Syndrome (NAS) symptoms such as feeding intolerance.⁵

Addresses access & health disparities

Many factors contribute to prematurity, but statistics show it disproportionately affects minority populations — especially Black and Latino mothers. Fewer Black and Latino infants have access to both mother's own milk and PDHM. **Insurance coverage of PDHM creates access to lifesaving treatments for minority populations.**

Avg hospital charge for a baby 0-28 days: **\$27,574**
Avg hospital charge for a baby w/ NEC: **\$840,397**
Avg hospital charge for a baby w/ surgical NEC: **\$2,890,477**

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 if you would like to become a Community 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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