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BFREE E-Newsletter

SUCCESS SPOTLIGHT: SOUTHSIDE HOSPITAL BABY CAFÉ LAUNCHES GRAND OPENING

On August 15th, 2017, Southside Hospital launched the first Baby Café in the metropolitan area.

The hospital hosted an official ribbon-cutting ceremony during National Breastfeeding Month, which was attended by more than a dozen breastfeeding moms, their babies, and hospital officials.

Baby Cafés are licensed groups that provide breastfeeding mothers with both peer and professional support. All mothers are welcome whether they are new, experienced, or expecting. Through the New York State Department of Health "Creating Breastfeeding Friendly Communities" five-year grant which began in February 2017, the BFREE team aims to create a sustainable care continuum to support breastfeeding mothers and infants throughout Long Island. We are working on breastfeeding promotion in four catchment areas on Long Island, including Islip. To achieve the Breastfeeding Friendly designation for sites along the infant care continuum, we are collaborating with obstetric and pediatric practices, worksites, and child care centers/day care homes in these areas, as well as creating Baby Cafés. Cafés are led by volunteer facilitators, and breastfeeding mothers can expect to share their breastfeeding experiences and challenges with other mothers, who can also receive assistance at meetings from experienced and certified lactation professionals. The staff maintains record of each mother's progress to document the evidence-based benefits of Baby Cafés, setting them apart from other breastfeeding support groups. A full list of Baby Cafes can be found here:

<http://www.babycafeusa.org/your-nearest-baby-cafe/us-baby-cafes-2.html>.

Collaboratively, the BFREE team, Southside Hospital, and NYSDOH successfully opened the Baby Café at Southside to provide a *free* resource for pregnant and breastfeeding mothers. With the encouragement of leadership at Southside Hospital, the BFREE team worked closely with their site champion, Wendi Andria, to offer support to breastfeeding moms and their families in order to meet their breastfeeding goals.

The Baby Café is open every Tuesday from 1:30 to 3:30 p.m in Southside Hospital. For more information, please contact Wendi Andria, MS, RNC-OB, IBCLC, lactation coordinator, at (631) 894-5282 or wandria@northwell.edu.



Photo Courtesy: Southside Hospital



Original artwork by Dondei Dean



Creating
Breastfeeding Friendly
Communities

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LETTER FROM THE EDITOR

Dear BFREE Coalition Members,

Welcome to our October BFREE E-Newsletter! In this issue, we cover a breadth of topics to share our coalition's progress in spreading the word about breastfeeding.

We celebrate the exciting launch of the Baby Café at Southside Hospital, featuring this achievement in the Success Spotlight section. With the flu season upon us, we also provide tips for expecting and breastfeeding mothers to protect against this disease. Additionally, the Mother's Perspective section features 2 stories from breastfeeding mothers – one who continues to breastfeed while working and another who benefits from the Wyandanch Baby Café, which was recently soft-launched. We hope these stories will help to further guide your efforts in promoting breastfeeding.

Everyone's dedication has been impressive. We thank our writers and editors for their tireless work on this E-Newsletter. We also sincerely appreciate the wonderful support and feedback from the members of the BFREE Steering Committee during our recent September 14th meeting. If you have additional feedback on our newsletter or are interested in contributing to future E-Newsletter issues, please email us anytime at BFREE@northwell.edu.

Many thanks for all that you do!



Henry (Hank) Bernstein, DO, MHCM, FAAP
Principal Investigator
Creating Breastfeeding Friendly Communities

FROM THE EXPERT

INFLUENZA (FLU) TIPS FOR PREGNANT AND BREASTFEEDING MOMS

Getting a flu shot each year is the most important step in protecting against the flu. With the 2017-2018 flu season upon us, it is vital for all pregnant and breastfeeding women to receive a flu vaccine. Pregnant and postpartum (within 2 weeks after delivery) women, as well as children less than 2 years old, are at higher risk of complications from the flu.

When a pregnant woman gets vaccinated, she is protecting herself AND her baby. The flu vaccine helps the body make antibodies (things in the blood that protect against infection). These antibodies are passed from mom to her newborn to give the baby protection against the flu for the first several months after he or she is born. This protection is important because babies younger than 6 months of age cannot receive their own flu vaccine.

Breastfeeding mothers also can pass valuable antibodies to their infants through breast milk. Breastfeeding also has been shown to protect children against flu viruses by setting off the immune system to work better against viruses. As a result, exclusive breastfeeding during the first 6 months of an infant's life helps decrease the number of respiratory illnesses.

Pregnant women can receive the flu vaccine during any trimester when she is pregnant. Scientific studies support the safety of flu vaccine for pregnant women and their babies. A recent study suggested a link between back-to-back annual flu shots and miscarriages, but, the link may be influenced by other factors and, while it should prompt further study, there is no reason to change current policy recommendations. It is particularly important for new mothers to get vaccinated *after delivery*, if they did not receive a flu shot *during* their pregnancy.

Sometimes, pregnant and postpartum women may still get the flu. If that happens, these women should be treated with an antiviral medicine. Being on an antiviral medicine is not a reason to have to stop breastfeeding. Though it is recommended that an infected mother be separated from her infant for a short time, a healthy adult can still feed the infant with the mom's pumped breast milk. Flu viruses do not pass through breast milk. Plus, do not forget that breast milk has antibodies to help fight flu.



HENRY BERNSTEIN,
DO, MHCM, FAAP

IRENE SONG

Dr. Bernstein is a general
pediatrician at Cohen
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MOTHER'S PERSPECTIVE:

Pumping at Work

By: Megan Walsh, MD, MPH

As a young woman and pediatrician expecting my first child I had everything mapped out, prenatal care, birth plan and commitment to breast feed exclusively. My sweet little boy graced our presence nearly 2 weeks after his due date. My husband and I were (and still are) truly overjoyed. However, the following days in the hospital proved a little difficult. While recovering from my section, I worked with the lactation consultants trying to get our son to latch comfortably. This was a struggle. To encourage my milk supply to come in, I started pumping. This way I could at least offer my son my breast milk, despite our difficulties with nursing.

After discharge from the hospital, I continued working with lactation consultants. My son either never seemed satisfied or would latch for only a few seconds. I continued pumping in the interim, and we bottle fed my pumped milk. We even pursued an ENT evaluation at the request of our lactation consultant. Eventually we transitioned to solely pumping. Although this was initially a disappointment, it still provided my son with the nutritional benefit of my breast milk. I quickly became an expert on pumping, familiar with pump schedules, ways to save time, storage of milk, pump hygiene, sterilization, etc. I decided to rent a hospital grade pump, given my initial difficulties and the increased frequency of my pumping. I reserved my insurance provided pump for trips visiting family and later for the office. My son thrived on this routine, growing and gaining appropriately at his well child visits.

After four months of maternity leave, I returned to work. I had built a frozen reserve to help offset days where my pump output might be suboptimal. I had slowly decreased the frequency of pumping before my return, anticipating that I would have limited pump sessions a day. What was once 10 times a day had been weaned to 7. Despite the decrease, I grappled with the feasibility of seeing patients full time and allowing for my needed pump sessions. I further decreased my sessions to 4-5 times daily, adding a session when I felt my supply decreased. My husband and I equipped my office with a fridge so that I might store my milk at work.

Pumping was not an expected or initially desired mode of feeding for me. However, it has enabled me to continue to protect and nourish my son, especially with my return to work. I have learned to look at the pump as a tool rather than a tether. I can bring it anywhere and pump anywhere. I multi-task during my sessions, writing notes, coding and returning calls. When I return home, I can replenish my son's supply and know that I am doing my best for him. My son is now nearly 10 months, and we are so close to the goal I initially thought we would never make! Never give up!

Dr. Walsh is general pediatrician at Cohen Children's Medical Center.



Wyandanch Baby Café

By: Kerry Meyers

September 16th, 2017 marked the first official and soft opening of the Baby Café at Community Nazarene Church in Wyandanch, NY. The Baby Café is a free breastfeeding support group for new or expecting mothers that will be held twice a month at this location. These meetings will occur on Saturdays to accommodate working mothers who may not be able to attend meetings on weekdays.

This opening event offered mothers free information and personal consultation with Jean Gordon, a registered nurse and breastfeeding expert who is facilitating the Baby Café. One mother who recently gave birth to her third child attended the event. This mother is a member of the church who heard about the breastfeeding group from her peers, deciding to attend it to seek guidance for her breastfeeding challenges. Although breastfeeding had come easily with her first two boys, things were not going as smoothly with her new daughter. This baby girl was about three weeks premature and began breastfeeding in the hospital, but she was having trouble continuing at home. Jean spoke with this mother extensively about her experience with breastfeeding, listening to her and providing specific advice she could use to have a more successful breastfeeding experience. She will continue to attend future Baby Café meetings, as she found them beneficial to reaching her breastfeeding goals. Her determination to overcome breastfeeding obstacles with her daughter is inspiring and demonstrates the importance of the Baby Café.

The Wyandanch Baby Café is a free drop-in center open two Saturdays a month. For the remainder of 2017, the events will occur on September 30th, October 7th, October 28th, November 11th, November 18th, December 9th, and December 16th from 11:30 am to 1:30 pm. The Community Nazarene Church is located at 58 Cumberbach Street, Wyandanch, NY 11798. The Baby Café is held on the lower level of the church. For more information, please visit: www.communitynazchurch.org/babycafe.

Kerry is a Master of Public Health (MPH) graduate student at Hofstra University and a nutrition and community outreach intern at Cohen Children's Medical Center.

UPCOMING EVENTS

OCT 20, OCT 27 & NOV 3 — Glen Cove Library Breastfeeding Information Session @10:30AM

For more information, please email BFREE@northwell.edu.

NOV 13-14 — Certified Breastfeeding Counselor (CBC) Prep Course & Certification Exam @Katz Women's Hospital — Northwell Health

If you would like to register, please email PCE@childbirtheeducation.org as soon as possible.

NOV 17 — Suffolk Baby Shower @Southampton Public Library

Organized by Suffolk County Department of Health Services. For more information, please call 631-854-0378.

Baby Café Hours

- Southside Hospital Baby Café: every Tuesday @1:30-3:30PM
- Wyandanch Baby Café (Community Nazarene Church): OCT 7, OCT 28, NOV 11, NOV 18, DEC 9 & DEC 16 @11:30AM-1:30PM

Email BFREE@northwell.edu if you have an upcoming event you would like to share!

Thank you!

TO OUR FIRST YEAR IMPLEMENTATION SITES

- Community Nazarene Church
- Glen Cove Day Care
- Glen Cove Family Medicine
- Glen Cove Hospital
- Glen Cove Library
- HRHCare Brentwood
- HRHCare Martin Luther King Jr.
- Shinnecock Indian Nation Offices
- Small Blessings Day Care
- Southside Hospital
- Wuneechanunk Shinnecock Preschool

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