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# BFREE E-Newsletter

## SUCCESS SPOTLIGHT: WUNEECHANUNK SHINNECOCK PRESCHOOL RECEIVES BREASTFEEDING FRIENDLY DESIGNATION!

By: Shannon Cleary, BA, CLC

The sign at the entrance to Wuneechanunk Shinnecock Preschool reads Hakame Wutokasinoh Noonooe Mukkiesog, meaning “Welcome Mothers of Nursing Babies” in the Shinnecock dialect of the Algonquin language. Through the hard work of the director, Shoshoni Fulcher, and her staff, this culture-centric preschool on the Shinnecock Native Lands in Southampton is well prepared to support and encourage breastfeeding families with their NYS Council on Children and Families Breastfeeding Friendly Child Care Designation. The center has a rocking chair in the infant care room for breastfeeding mothers who may want to stop by to nurse and a policy that promotes breastfeeding and healthy nutrition. Additionally, the well-trained staff is ready to feed babies on cue and help families find the resources they need.



Wuneechanunk Shinnecock Preschool translates to “Our Children of the Stony Shores Preschool” in English

Wuneechanunk Shinnecock Preschool cares for children aged 6 weeks to 4 years, many of whom are from families who live on the Native Lands. The environment is focused on learning, health, and, especially, community. Wuneechanunk Shinnecock Preschool translates to “Our Children of the Stony Shores Preschool” in English, and the school is committed to caring for and teaching children using Shinnecock culture and language.

Nationally, breastfeeding initiation and exclusive breastfeeding rates at 6 months, as recommended by the American Academy of Pediatrics, are lower in Native American and Alaska Native populations ([Jones, Power, Queenan, & Schulkin, 2015](#)), but breastfeeding has been generally well-supported in the Shinnecock community. This recent designation demonstrates the community's commitment to helping mothers and families reach their breastfeeding goals even as they return to work or bring their children to the preschool.

Wuneechanunk Shinnecock Preschool worked closely with the BFREE team to achieve each of the 6 steps of Breastfeeding Friendly Designation which can be found at: <https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>.

Congratulations to the team at Wuneechanunk Shinnecock Preschool and thank you for collaborating with us!



Original artwork by Dondel Dean



Creating  
Breastfeeding Friendly  
Communities

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## LETTER FROM THE EDITOR

Dear BFREE Coalition Members,

Welcome to our April BFREE Newsletter!

This issue covers a wide breadth of topics, ranging from evidence-based breastfeeding advice to reflection pieces written by breastfeeding moms. We celebrate the success of our Native American community partner, Wuneechanunk Shinnecock Preschool, in becoming a NYS-designated Breastfeeding Friendly Child Care. Next, our very own lactation consultant and associate program coordinator share their collective wisdom about building and maintaining milk supply, a common issue for breastfeeding moms and families. Additionally, we are delighted to share 2 moms' personal experiences with breastfeeding. Both of them encountered challenges in their journeys but managed to continue breastfeeding with the professional and community support that our coalition is working to build.

We are hugely grateful to our writers and editors for their contribution to this issue, to the BFREE Steering Committee for their leadership and guidance, and to each of you for your enthusiasm and support for breastfeeding. If you have any feedback for us or would like to contribute to future issues, please email us at [BFREE@northwell.edu](mailto:BFREE@northwell.edu).

Thanks again for reading!



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

## FROM THE EXPERT: Milk Supply: Common Concerns

A common mother's concern is building adequate breastmilk supply. As breastfeeding advocates, we must ensure that mothers receive proper education and support.

It is important to distinguish between building and maintaining supply. To stimulate the initial milk supply, exclusive breastfeeding 8-12 times daily should support the milk demand of the baby. It is recommended that mothers exclusively breastfeed for the first 4-6 weeks. After this time, pumping can be incorporated into a nursing routine depending on the baby's needs and milk supply. Another common concern is maintaining an established supply. Mothers should continue emptying breasts 8-12 times daily if nursing, or 8-10 times daily with a hospital grade dual electric breast pump if bottle feeding expressed breastmilk. If she is nursing and separated from baby, it's recommended she pump every three hours.

Mothers run into challenges including over-supply due to nursing and pumping from the start. This is not recommended as it may cause oversupply, stasis, clogged ducts and mastitis. Furthermore, mothers should be educated about pumps that fit her lifestyle. Although no pump imitates a baby perfectly, it is an excellent alternative when separated from her baby or when supplementing nursing with pumped milk. Hand expression is underutilized but another way to obtain breastmilk. Mothers may opt to spoon or syringe feed with hand expressed or pumped breastmilk until breastfeeding is well established. Hand expression for 3-5 minutes after nursing/pumping can increase supply if low supply is a concern.

Mothers may want to try galactagogues to increase and/or maintain milk supply. Studies do not always prove efficacy and some methods can be harmful, therefore she should be directed to discuss potential safe options with her healthcare provider. Additionally, the importance of consistently stimulating and emptying breasts should be reinforced since emptied breasts make more milk!

Lastly, mothers should be encouraged to attend prenatal breastfeeding classes, seek lactation consultation, and attend lactation support groups. This is optimal for informed decision-making and meeting the mother's feeding goals.



JENNIFER L. GIORDANO,  
MS, APRN, FNP, IBCLC

### ANGIE LEE

Jennifer L. Giordano is a lactation consultant for the BFREE team and Peds First Pediatrics and the owner and director of Latch with Love, Inc.

Angie Lee is an associate program coordinator for the BFREE team and research assistant at Cohen Children's Medical Center.



## MOTHERS' PERSPECTIVES: Breastfeeding, Milk Expressing, and NYS Paid Family Leave

**By: Colleen Halouvas, BSN, RNC**

Choosing to breastfeed/express your milk is a truly beautiful thing. I was a NICU nurse for 4 years and helped countless moms with their first time breastfeeding and pumping. When I became pregnant, I knew I wanted to breastfeed but never realized how much hard work and dedication it would truly take. Since my daughter was born at 36 weeks and was considered a SGA (small gestational age) baby, breastfeeding was difficult. I did however breastfeed and supplement with breastmilk for the first month. I then switched to solely expressing which worked well for me. Having lots of support truly makes a difference and it's necessary in order to be successful at pumping! I felt comfortable actually seeing how much milk I was producing and knowing exactly how much milk my daughter was getting. I also was happy that I was able to keep up enough of a supply that allowed her to be exclusively breastfed since she was born. Also, I believe that NYS Paid Family Leave has helped me successfully maintain my milk supply. It makes such a big difference for breastfeeding and expressing moms. From my experience, the first 6 weeks after you have a baby are spent just trying to make sure that your baby is getting enough milk, her diaper is changed, and she is surviving. You aren't really thinking about how you are going to create a routine that will be effective when you return to the work force. Paid Family Leave allows you to not only bond with your baby, but also establish a routine with your baby so you will feel confident that when you go back to work, it will all be okay. It gives you the added time you need to hopefully establish a good breastfeeding pattern, a great milk supply, a solid pumping schedule, and bond with your baby. It also helps to ease some of your anxiety about returning to work.

By taking paid family leave, you have time to just bond with your baby. It's a great opportunity that new moms can have to allow them to feel connected to their baby, and I was so lucky to be able to participate in that.

*Colleen Halouvas, Registered Nurse and mom of a happy little 4-month-old girl.*

**By: Stacey Wallenstein, MA**

Breastfeeding my third child has been such a gift. Not for the obvious reasons you may think (the mutual health benefits, etc.), but really it is the only time I get to separate myself from the craziness going on around me and really focus on my son.

I've had a different nursing experience with each of my kids. With my first, I cried through six weeks of agony, shaking in pain, hoping it would get better, swearing to breathe through it. I covered her little head under a modesty blanket, and always had my "gear" with me. My goal was to let her self-wean, which she did at 22 months.

With my second, he came out of a breech birth via Caesarean and latched on immediately. He nursed like a champ the entire time he breastfed – out at the beach, in the front seat of my car, on-the-go, out for the world to see – until he was twelve months and two days old – at which point he stopped cold turkey. That day he also stopped the pacifier and the food pouches he loved. After two months working with lactation consultants to bring him back I had to give up because nothing worked. This experience was so jarring to me, a friend joked I had a third because I needed breastfeeding closure. I won't confirm or deny that is true...

This brings us to my third child, Benjamin.

With an elementary-aged daughter and a preschooler son, you can imagine the mayhem in my home. Nursing has given me the reason to separate from it for a few minutes and really focus on him. It's forced me to have that incredibly special time with just him to bond and snuggle. Because my middle son stopped so abruptly I've been able to appreciate each and every nursing session because I know it could be my last. Also because I know Benjamin is MY last, every time he snuggles into me to nurse I can really appreciate it. Ben has now passed his older sister in age of when she stopped nursing. He seems to be going strong, and honestly, I'm happy to continue for as long as he wants because sharing this special opportunity is quite honestly my favorite thing.

*Stacey Wallenstein is the Coordinator at the [Mid-Island Y JCC Parenting Center](#) and has a parenting blog called [The Mint Chip Mama](#).*

## UPCOMING EVENTS

**APR 18** — Breastfeeding Friendly Child Care Training, Child Care Center of the Hamptons @6pm  
502 North Sea Road  
Southampton, NY 11968  
All are welcomed to attend!

**JUN 2** — Wyandanch Baby Café Grand Opening  
Community Nazarene Church (Lower Level)  
58 Cumberbach St.  
Wyandanch, NY 11798

### Upcoming Webinars

- **APR 19** — Reducing Stress to Help Baby Nurse: Addressing Latching Challenges
- **MAY 17** — Solutions for Breastfeeding Challenges: Baby Led Positioning
- **JUN 21** — Breastfeeding and Depression

All available at <https://www.ihs.gov/diabetes/training/cmece-online-edu/diabetes-online-cme-ce-education/>

### Baby Café Hours

- **Southside Hospital Baby Café: every Tuesday @1:30-3:30PM**  
301 East Main Street  
Bay Shore, NY 11706
- **Wyandanch Baby Café: APR 14, APR 28, MAY 5, MAY 19, JUN 2 & JUN 23 @11:30AM-1:30PM**  
See address above

Email [BFREE@northwell.edu](mailto:BFREE@northwell.edu) if you have an upcoming event you would like to share!

# Thank you!

## TO OUR IMPLEMENTATION SITES

- Child Care Center of the Hamptons
- 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
- West Islip Pediatrics
- Wuneechanunk Shinnecock Preschool
- Wyandanch School District

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