

This newsletter is a collaboration between the Kentucky WIC Program and Lactation Improvement Network of Kentucky (LINK)



Fall ■ 2012

# Kentucky Breastfeeding Newsletter



©iStockphoto.com/IvanJekic

## United States Breastfeeding Committee Conference

LINK members Cerise Bouchard, LINK President; Julie Jacobs, LINK Vice President; Marlene Goodlett, WIC Breastfeeding Coordinator; Denise Barbier, University of Louisville Hospital Kangaroo Care Coordinator; and Glenda Adams, KLIC President represented Kentucky at the United States Breastfeeding Committee (USBC) conference held in Arlington, VA during World Breastfeeding Week.

Cerise, Marlene and Denise gave a presentation on the statewide Kangaroo Care training initiative. Other states were amazed at our accomplishments and inspired to create similar programs in their own states! We expect to be supporting other states in their efforts and cannot wait for this wonderful, evidence-based care to benefit all moms and babies in our country! It is inspiring to know that our state, even with our low breastfeed rates, can do great things, inspire others and be a catalyst for change. Many thanks to Denise Barbier of University of Louisville Hospital for developing and expanding the training, and for getting Kangaroo Care started in Kentucky.

At the conference, we were treated to sessions on fundraising, coalition building and state initiatives. LINK is excited to start incorporating some of these ideas into our organization. Keynote speakers

included Dr. Larry Grummer-Strawn, Chief of the Nutrition Branch at the Center for Disease Control and Prevention, and Dr. Gail Christopher of the Kellogg Foundation. Dr. Grummer-Strawn informed us about significant changes since the last USBC conference in breastfeeding policy, practice and rates. It was inspiring to hear that many of the goals of the 2010 conference have been achieved. Dr. Christopher gave a riveting and empowering address that left us inspired to come home and get to work. She encouraged us to continue working with communities, coalitions, health care providers, families and other partners to ensure that more babies receive breast milk as their first food experience. The audience gave Dr. Christopher a standing ovation for her statement that breastfeeding is “not only natural, it’s necessary.”

Cerise and Glenda continued on to the U.S. Capitol for Advocacy Day, where they spoke with staff from the offices of Senator McConnell, Representative Roger and Representative Yarmuth about the Breastfeeding Promotion Act, and about preserving funding for WIC Breastfeeding Peer Counselors. We were excited to receive letters of support for breastfeeding from Senator McConnell and Representative Yarmuth.

- Cerise Bouchard

<http://chfs.ky.gov/dph/mch/ns/breastfeeding>  
[www.breastfeedinglink.org](http://www.breastfeedinglink.org)

Editor: Michele Burton, RD, LD  
[burton.michele@gmail.com](mailto:burton.michele@gmail.com)

## Big Latch On Results

On Friday August 3rd and Saturday August 4th at 10:30 am, at multiple locations and in multiple time zones around the world, women and their children came together to breastfeed simultaneously as part of the Big Latch On 2012.

This event has grown significantly since last year, with over 8,800 children breastfeeding during the event. Kentucky was well represented, with 6 Big Latch On events across the state and a total of 175 children breastfeeding!

Local press covered the event at various Kentucky locations. In Bowling Green, for instance, 13 nursing couplets met at Fountain Square Park to breastfeed simultaneously and *The Bowling Green Daily News* was on hand to capture the event. Please visit [www.bgdailynews.com](http://www.bgdailynews.com) to read the article and see the pictures taken at the event. *The Lexington Herald-Leader* was on hand for the Lexington Big Latch On. See their article and pictures of this event at [www.kentucky.com](http://www.kentucky.com).



Photo by Elaine Berry

*Mothers, infants and children meet at the Owensboro Big Latch On*

## Rock and Relax 2012

The Louisville Metro Department of Public Health and Wellness and Baptist Hospital East once again provided a Rock and Relax room at the Kentucky State Fair. Over 5,000 people visited the Rock and Relax room this year.

In addition, the Rock and Relax room included a “pumping corner” with electricity, chair, privacy curtain and table. This area was used by many breastfeeding women who worked at the fair grounds.

Barbara Reudel, one of the event’s organizers, said, “Since we started this project 20 years ago, I have definitely seen an increase in the number of women breastfeeding. Everyone who uses the room is so thankful for the privacy, cleanliness and thoughtfulness of having such an area.” She also thanks all the volunteers, as well as Baptist Hospital East for their continued co-sponsorship of the event.

**Did you watch the breastfeeding episode of *Connections with Renee Shaw* on KET? You can watch the video online at: [www.ket.org/connections](http://www.ket.org/connections). Don't miss it!**

# Kangaroo Care Update

In an effort to increase the number of hospitals in Kentucky that implement Skin-to-Skin policies, the Kangaroo Care Initiative was started in October of last year. Since then, the success of the program has been outstanding! Currently, 100% of Kentucky's birthing hospitals have been trained in Kangaroo Care and 84% of those hospitals have already implemented birth Kangaroo Care. The remaining hospitals plan to "go live" with Kangaroo Care by December 2012.

To continue this success, we will be providing follow-up meetings for Kangaroo Care. All birthing hospitals are invited to attend, even if the hospital has not "gone live" with Kangaroo Care yet. These half-day meetings will give hospitals a chance to discuss their experience and their progress with Kangaroo Care. This will also be a time to discuss moving forward with Kangaroo Care. Meetings are scheduled for the following dates and locations:

- October 16, 12:00 pm EST, Ramada Inn, Paintsville;

- October 17, 9:00 am EST, Letcher County Health Department, Whitesburg;
- October 18, 9:00 am EST, Laurel County Health Department, London;
- October 23, 12:00 pm CST, Carroll Knicely Conference Center, Bowling Green;
- October 24, 9:00 am CST, McCracken County Cooperative Extension Office, Paducah;
- October 30, 9:00 am EST, Lexington Fayette County Health Department, 805 Newtown Circle, Lexington;
- October 31, 9:00 am EST, Lexington Fayette County Health Department, 805 Newtown Circle, Lexington; and
- November 1, 9:00 am EST, Louisville Metro Health Department, 400 E. Grey Street, Louisville.

Please send the date and location of the training session you plan to attend, as well as the number of attendees from your hospital, to Marlene Goodlett ([marlene.goodlett@ky.gov](mailto:marlene.goodlett@ky.gov)).

## Kentucky Kangaroo Care Hospitals

Congratulations to the following hospitals that have implemented Birth Kangaroo Care in their facilities:

- Baptist Hospital East;
- Baptist Hospital Northeast;
- Baptist Regional;
- Bowling Green Medical Center;
- Central Baptist;
- Clark Regional;
- Ephraim McDowell;
- Flaget Memorial Hospital;
- Fort Logan Hospital;
- Frankfort Regional Medical Center;
- Georgetown Community Hospital;
- Hardin Memorial Hospital;
- Harlan ARH;
- Harrison Memorial Hospital;
- Hazard ARH;
- Jackson Purchase Medical Center;
- Jennie Stuart Medical Center;
- King's Daughters;
- Lake Cumberland Regional Hospital;
- Lourdes Hospital;
- Manchester Memorial Hospital;
- Meadowview Regional Medical Center;
- Methodist Hospital;
- Middlesboro ARH;
- Murray-Calloway County Hospital;
- Norton Hospital;
- Norton Suburban Hospital;
- Owensboro Medical Health System;
- Pikeville Medical Center;
- Regional Medical Center;
- Spring View Hospital;
- St. Claire Regional Medical Center;
- St. Elizabeth;
- St. Joseph East;
- St. Joseph London;
- St. Joseph Mount Sterling;
- Taylor Regional Hospital;
- Three Rivers Medical Center;
- TJ Samson Community Hospital;
- Twin Lakes Regional Medical Center;
- University of Kentucky Hospital;
- University of Louisville Hospital;
- Western Baptist Hospital;
- Whitesburg ARH; and
- Williamson ARH.

# Important Dates

**October 9, 2012**

**LINK State Plan Conference Call/CDC-USBC**

**Teleconference**

12:30—3:00 Eastern

Please visit [www.breastfeedinglink.org/meetings](http://www.breastfeedinglink.org/meetings) to find a location near you.

**October 9, 2012**

**ILCA Webinar**

“Counseling a Foster Mother on Relactation for a Neurologically Compromised Infant”

Amal El-Taweel, MD, IBCLC

11 am Eastern/12pm Central

1 L-CERP

[www.ilca.org/i4a/pages/index.cfm?pageID=3916](http://www.ilca.org/i4a/pages/index.cfm?pageID=3916)

**October 11-14, 2012**

**Academy of Breastfeeding Medicine Annual Conference**

Chicago, IL

[www.bfmed.org/Meeting/ConfDetails.aspx](http://www.bfmed.org/Meeting/ConfDetails.aspx)

**December 11, 2012**

**LINK State Plan Conference Call/CDC-USBC**

**Teleconference**

12:30—3:00 Eastern

Please visit [www.breastfeedinglink.org/meetings](http://www.breastfeedinglink.org/meetings) to find a location near you.

## **Kangaroo Care Follow Up Trainings**

**October 16, 2012**

12 pm EST

Ramada Inn

Paintsville, KY

**October 17, 2012**

9 am EST

Letcher County Health Department

Whitesburg, KY

**October 18, 2012**

9 am EST

Laurel County Health Department

London, KY

**October 23, 2012**

12 pm CST

Carroll Knicely Conference Center

Bowling Green, KY

**October 24, 2012**

9 am CST

McCracken County Cooperative Extension Office

Paducah, KY

**October 30, 2012**

9 am EST

Lexington Fayette County Health Department

805 Newtown Circle

Lexington, KY

**October 31, 2012**

9 am EST

Lexington Fayette County Health Department

805 Newtown Circle

Lexington, KY

**November 1, 2012**

9 am EST

Louisville Metro Health Department

400 East Grey Street

Louisville, KY

