

## Leading Lactation Insights - July 2023

A monthly newsletter called Leading Lactation Insights, which features factual and scientific information with no product promotion. It covers cutting-edge breastfeeding & lactation research, clinical news, and expert insights for IBCLCs, lactation consultants, and maternal health professionals.



GET NOTIFIED

### News You Can Use

Tools You Can Use

Did You Know?

New Webinars

#### BREASTFEEDING OUTCOMES

- ➔ The Pent-Up Demand for Breastfeeding Among US Women: Trends After COVID-19 Shelter-in-Place Rita Hamad MD, PhD.../April 2023

#### BREASTFEEDING EDUCATION

- ➔ Could Education Be the Best Galactagogue? Development and Content Validation of Provider and Patient Checklists to Promote Lactation Among Black Parents Triniti Gorbunova.../May

#### ORGANIZATIONAL STATEMENTS & RESOURCES

- ➔ HHS: The US Department of Health and Human Services The HHS revealed a program to distribute newborn supply kits, including breastfeeding supplies, and introduced a webpage of support for new parents.
- ➔ WHO: The World Health Organization Skin-to-skin contact after birth: Developing a research and practice guideline Kajsa Brimdyr.../May 2023

- ➔ ICEA: The International Childbirth Education Association A newly released position paper supports a delay in the timing of the first bath as a positive impact on breastfeeding. Encouragement and evidence for delaying the first newborn bath are included.

#### BREASTFEEDING DURATION

- ➔ Impact of early formula supplementation on breastfeeding duration, National Immunization Survey, 2019 births Ruowei Li.../March 2023

#### BREASTFEEDING AND INFANT HEALTH

- ➔ Early initiation of breastfeeding up to six months among mothers after cesarean section or vaginal birth: A scoping review Yunefit Ulfa.../June 2023

#### NEWS RELEASE

- ➔ The Wall Street Journal: "What Does the New Breastfeeding Law Mean for U.S. Employers?"

#### PROFESSIONAL RESOURCES

- ➔ Off the Cuff Podcast: Jeff Castillo, Executive Vice President of Medela Americas. In this episode, Jeff, Dr. Diane Spatz and Dr. Angela Lang discuss how we are individually and collectively advancing lactation science to improve care for all families and support a better lactation experience.

## National Breastfeeding Month, Weekly Celebrations, and the PUMP Act

Maria Lennon, MSN, CNM, IBCLC

### National Breastfeeding Month

U.S. Breastfeeding Committee [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

#### For info on State Laws Regarding Breastfeeding Protections

National Conference of State Legislatures – Breastfeeding information (including state information)  
[www.ncsl.org](http://www.ncsl.org).

#### Weekly Breastfeeding Observances:

**World Breastfeeding Week: August 1-7.** World Breastfeeding Week is an annual worldwide celebration that is held every year from August 1 through 7 in more than 120 countries. <https://worldbreastfeedingweek.org>.

**Indigenous Milk Medicine Week: August 8-14.** The mission is to reflect the diversity of Native Breastfeeding Experiences and/or encourage and uplift the visibility of Native Breastfeeding experiences. <https://www.facebook.com/IndigenousMilkMedicineWeek/>

**Asian American, Native Hawaiian, and Pacific Islander Breastfeeding Week: August 15-21** Facebook Group:  
<https://www.facebook.com/APIBTF> Telling Our Stories, Elevating Our Voices.

**Black Breastfeeding Week: August 25-31.** Black Breastfeeding Week was created because there has been a gaping racial disparity in breastfeeding rates; the fact that racial disparity in both initiation and duration rates has lingered for so long is reason enough to take seven days to focus on the issue. Go to the website to find out more. <https://blackbreastfeedingweek.org>.

A new week to celebrate: Semana de la Lactancia Latina: September 5-11 – Theme is TBD as of press time.

### The PUMP Act

From the U.S. Department of Labor: Available at [www.dol.gov](http://www.dol.gov).

- Employment issues related to Pregnancy, Birth and Nursing. (Also includes information and videos on the role of doulas)
- The PUMP for Nursing Mothers Act: What Advocates and Employers Need to Know: Pump at Work Protections under the Fair Labor Standards Act Webinar
- Supporting Nursing Moms at Work: Employer Solutions

Toolkit: CDC Healthier Worksite Initiative, Workplace Lactation Support Program Toolkit

From the U.S. Breastfeeding Committee: <https://www.usbreastfeeding.org/pump-act.html>.

Did you know that you have the power to help moms make a positive impact on long-term milk volumes?

Low milk supply? It's all about BREAST programming. The first hour after birth is a critical window of time that can impact long-term milk volumes.

Putting baby skin-to-skin after birth is the most predictive of meeting breastfeeding goals. A paper titled [Skin-to-Skin Contact the First Hour After Birth, Underlying Implications and Clinical Practice](#)<sup>1</sup> integrates clinical expertise to earlier research about behaviors of healthy, alert, full-term infants placed skin-to-skin during the first hour after birth. Skin-to-skin has been shown to increase initiation and exclusive breastfeeding while reducing formula supplementation in hospitals, which leads to an earlier successful first breastfeeding for an infant. Another study titled [Skin-to-Skin Care for Term and Preterm Infants in the Neonatal ICU](#)<sup>2</sup> reports improved breastfeeding, milk production, parental satisfaction, and bonding.

Removal of milk in the first hour is the most predictive of ample long-term milk supply. Early activation of milk-producing cells results in more milk faster. Mothers with delayed activation of milk-producing cells are at risk of never coming to full milk volume.<sup>3</sup>

In a study by LA Parker et al titled [Effect of Early Breast Milk Expression on Milk Volume and Timing of Lactogenesis Stage II Among Mother of Very Low Birth Weight Infants: A Pilot Study](#)<sup>4</sup>, mothers were randomized into two groups. The first group (early expression) began expression within 1 hour after birth. The second group (late expression) began expression 1- 6 hours after birth. Mothers in the early initiation group reached secretory activation (lactogenesis II/copious milk production) significantly earlier: 3 vs 5 days. Mothers in the early initiation group produced significantly more milk at 3 weeks: 1374.7 vs 608.1 mL.

If mother and infant are separated after birth, it is important to pump within the first hour after birth. In a study by PP Meier et al titled [Which Breast Pump for Which Mother: An Evidence-Based Approach to Individualizing Breast Pump Technology](#)<sup>5</sup>, it is recommended for pump dependent mothers to use a hospital-grade, double electric breast pump with the correct size breast shield.

Here are some easy steps to change practice at your facility to help moms program their breasts for long-term milk volumes.

- Put baby skin-to-skin after birth.
- Reassure mom that the [colostrum](#) she is providing her baby might not seem like a lot in volume, but it is perfect for her baby's tiny tummy!
- Start nursing or pumping after delivery. Remember, the first hour after birth is a critical window of time that can impact long-term milk volumes.

For more information about colostrum, breast shield sizing, and the initiation of milk supply, check out these free recorded webinars.

[Colostrum: The Golden Ticket to a Healthy Start](#)

[Creating a New Standard Breast Shield: How Breast Shield Flange Can Improve Milk Flow During Pumping](#)

[Getting it Right: The Critical Window of Opportunity to Establish Lactation and Improve Patient Satisfaction](#)

[Initiation of Lactation: At-Risk Mothers and Proactive Interventions](#)

#### References:

- 1 Widström AM, Brimdyr K, Svensson K, Cadwell K, Nissen E. Skin-to-skin contact the first hour after birth, underlying implications and clinical practice. *Acta Paediatr*. 2019 Jul;108(7):1192-1204. doi: 10.1111/apa.14754. Epub 2019 Mar 13. PMID: 30762247; PMCID: PMC6949952.
- 2 Baley J; COMMITTEE ON FETUS AND NEWBORN. Skin-to-Skin Care for Term and Preterm Infants in the Neonatal ICU. *Pediatrics*. 2015 Sep;136(3):596-9. doi: 10.1542/peds.2015-2335. PMID: 26324876.
- 3 Jane Morton, Judith Y. Hall, Molly Pessl, Five Steps to Improve Bedside Breastfeeding Care, *Nursing for Women's Health*, Volume 17, Issue 6, 2013, Pages 478-488, ISSN 1751-4851
- 4 Parker, L., Sullivan, S., Krueger, C. et al. Effect of early breast milk expression on milk volume and timing of lactogenesis stage II among mothers of very low birth weight infants: a pilot study. *J Perinatol* 32, 205–209 (2012). <https://doi.org/10.1038/jp.2011.78>
- 5 Meier PP, Patel AL, Hoban R, Engstrom JL. Which breast pump for which mother: an evidence-based approach to individualizing breast pump technology. *J Perinatol*. 2016 Jul;36(7):493-9. doi: 10.1038/jp.2016.14. Epub 2016 Feb 25. PMID: 26914013; PMCID: PMC4920726.



## Clinical Pearls in Lactation

This column is for lactation practitioners to share clinical challenges, successes, observations and pearls of wisdom with colleagues. If your submission is selected for publication in a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.

[SUBMIT YOUR PEARL](#)

## Are You Ready for National Breastfeeding Month 2023?

Maria Lennon, MSN, CNM, IBCLC

Yes, it's that time of year again . . . August is National Breastfeeding Month! It is the time of year when we celebrate breastfeeding and its multifaceted benefits to mothers, babies, local communities, our country, and the world!

This year, 2023, is the 13<sup>th</sup> annual year that National Breastfeeding Month will be celebrated in the United States. Every year, the U.S. Breastfeeding Committee requests a Congressional Proclamation to declare August as National Breastfeeding Month. The website has a link to an NBM Proclamation Toolkit, which gives info on how to get a state-level proclamation in each state.

The 2023 NBM theme, *This is Our Why*, aims to illuminate why this work is so important and aims to center conversation on the babies and families needing support. Join us as we celebrate mothers and lactating parents, and work to protect, promote, and support breastfeeding and human milk feeding for the 13th annual National Breastfeeding Month this August!

Something to Celebrate:

Passage of the PUMP Act: On December 29, 2022, President Biden signed the Consolidated Appropriations Act, 2023, into law. This law includes the Providing Urgent Maternal Protections for Nursing Mothers Act (PUMP Act for short). This act extends the right to receive break time to pump at work to more breastfeeding employees and may impact some of the other information provided below.

*This addition to the labor law says that an employer shall provide:*

- Reasonable Break time for an employee to express breast milk as often as needed for up to one year after the child's birth. The frequency and duration of breaks will vary depending on the needs of breastfeeding mothers. The PUMP Act now covers agricultural workers, nurses, teachers, truck and taxi drivers, home care workers, and exempt employees such as managers and salaried employees. [www.dol.org/pump-at-work](http://www.dol.org/pump-at-work).
- A place, other than a bathroom, which the employee may use to express breast milk that is shielded from view and free from intrusion from co-workers or the public.

The employer shall not be required to compensate an employee receiving reasonable break time to pump for any time spent during the workday unless otherwise required by Federal, State, or municipal law. However, break time for pumping shall be considered work time if the employee is not completely relieved from work duties during the entirety of such break.

Individual 2023 Breastfeeding Month Weekly Observances

- Week 1 (August 1-7): World Breastfeeding Week  
Theme: *Enabling Breastfeeding: Making a Difference for Working Parents*  
[www.Worldbreastfeedingweek.org](http://www.Worldbreastfeedingweek.org)
- Week 2 (August 8-14): Indigenous Milk Medicine Week  
Theme: *From the Stars to a Sustainable Future*  
Facebook Group: <https://www.facebook.com/IndigenousMilkMedicineWeek/>  
Instagram: <https://www.instagram.com/indigenoumilkmedicineweek/?hl=en>
- Week 3 (August 15-21): Asian American Native Hawaiian and Pacific Islander Breastfeeding Week  
Theme: *Telling Our Stories, Elevating Our Voices*  
Facebook Group: <https://www.facebook.com/APIBTF>
- Week 4 (August 25-31): Black Breastfeeding Week  
Theme: *We Outside! Celebrating Connection & Our Communities*  
<https://www.usbreastfeeding.org/national-breastfeeding-month.html>
- **New for 2023** Week 5 (September 5-11): Semana de la Lactancia Latina  
Theme: *to be announced...*

There is still a great need for education on the importance of breastfeeding and increased awareness of the need to promote, protect, and support breastfeeding and the benefits of human milk for mothers, babies, and families. Next month is a great time to kick it off!

## Spotlight on Practice

This column is for lactation practitioners and facilities who wish to acknowledge the work of others. We invite you to submit suggested practitioners or facilities you would like to spotlight. If you have a suggestion, email [education@medela.com](mailto:education@medela.com).

[SEND A NOMINATION](#)

## This month we are spotlighting Tara Daystar, BA, CPM, IBCLC

### Megan Quinn

Tara Daystar, BA, CPM, IBCLC, is a Certified Professional Midwife and IBCLC from the Shenandoah region of Virginia. She primarily works in the hospital environment, supporting and educating new parents on newborn behavior and the breastfeeding process while assessing how the dyad is doing post-delivery. She shares that she became involved in healthcare because she cares deeply about supporting parents and children as they transition through pregnancy and birth to life outside the womb and as parents. "I believe there is a systemic lack of affordable, evidence-based support for women and infant healthcare needs in the childbearing and nursing years," Tara says. "I want to help bring the lactation profession and general maternal infant health field into a positive future."

Tara shares that she became an IBCLC after realizing how much she enjoyed working as a midwife and doula. She wanted to continue in the healthcare field while avoiding long on-call hours and wanted to help others after struggling with her own lactation journey and recognizing that she is in an underserved area for lactation care. As a result, Tara became a La Leche League leader and is also now an IBCLC. As a lactation consultant, she works in the hospital's outpatient and inpatient practices while managing her own private lactation business.

"Our hospital is Baby-Friendly, currently working on recertification, and invested in IBCLC care," Tara notes. "We spend time inpatient observing feeds and truly helping parents who are new to breastfeeding. Dyads who need follow-up or additional support also come to us for outpatient services. On a given day, I juggle both – and when I'm not at the hospital, I teach private virtual and in-person childbirth and lactation classes. I also provide private practice telehealth and home visit lactation support through my business, New River Lactation."

Tara shares that current professional challenges include seeing parents struggle to access the care they are entitled to under the Affordable Care Act and occasionally encountering billing and insurance issues. "Insurances have found ways not to fulfill their promises to pay for lactation care, whether that be preventative or as a treatment for feeding difficulties," Tara says. "Parents become very frustrated when insurances ask for large sums of money for care that were stated as covered. Luckily, as an IBCLC, I have worked hard to find ways around this to ensure parents can get preapproved and have peace of mind." Still, Tara notes that some parents are forced to pay out of pocket and often don't have the time or energy to continue following up. She also shares that it is difficult for private lactation consultants to receive Medicaid coverage in Virginia as Virginia doesn't yet license the IBCLC profession. She hopes that the health and welfare of families wishing to breastfeed are prioritized to ensure fair reimbursement of Medicaid providers.

Of the things she would change, Tara mentions that most of the issues she sees are systemic. She would love to see OBs and midwives given more time to speak to prenatal parents about their feeding decisions while helping them learn about lactation ahead of time. In general, she wishes that mothers in the US had closer medical follow-ups with their providers, similar to mothers in Europe and those who opt for home births with midwives. "PMADS are the most common postpartum complication, and the IBCLC, who is caring for both mother and baby and addressing feeding concerns, is hard-pressed to screen for PMADS and address a new mom's health and emotional concerns in the short time allotted for a lactation consultation," Tara says. "I wish IBCLCs could be part of a more complete postpartum care team, where mothers received multiple home visits, adequate PMAD screening, ample support, and parental leave for both parents."

In her free time, Tara enjoys spending time with her family and dogs, hiking, gardening, walking in nature, and traveling. She also likes to DJ ecstatic dance groups and enjoys dancing too. She says that dance and yoga keep her limber and happy and that practicing mindfulness helps her stay grounded and connected with herself and provide more patient, loving care during long days at work. Thank you, Tara, for all that you do to serve the families in your community and ensure they receive the breastfeeding support they need for the healthiest starts possible!