

2021 Outline

Breastfeed Durham: Meeting Minutes Archive

- [Notes from 2018](#)
- [Notes from 2019](#)
- [Notes from 2020](#)
- [Notes for 2022](#)

January 2021 Businesses

Goal: The businesses and social organizations in the community are welcoming to breastfeeding families.

- Remember to email our list of providers

Breastfeeding Send More Emails in Jan.

- <https://docs.google.com/document/d/1w6BUVrQz7BWXYImpqkLuoflZ0wvOxL0KAQO1YWYVnA/edit?usp=sharing>
- <https://www.wunc.org/post/natural-act-takes-practice-true-stories-about-breast-and-chest-feeding>
-

Additional ideas if there's time and community support

- Share the law
- NCBC “Breastfeeding Welcome Here” logo (e.g. window clings).
- Businesses that sell or promote commercial infant formula agree to offer pamphlets on the benefits of breastfeeding provided by a breastfeeding-support entity that receives no support from any part of the infant formula industry on the aisle or area where formula is sold.
- No locally controlled groceries, food markets, convenience stores or pharmacies will promote commercial infant or related toddler formula by preferential shelf placement or by ads.
- All non-locally controlled groceries, food markets, convenience stores and local pharmacies are encouraged to prevent local advertising of formula and to allow display space near infant foods and commodities for provision of breastfeeding literature and support information. T
- Share the U.S., The US Business Case for Breastfeeding is promulgated by the government and the Chamber of Commerce or equivalent.

- Workplace accommodation for breastfeeding workers is included in the Affordable Care Act (ACA) for hourly workers and is needed for breastfeeding to be successful following return to work.
- Chamber of Commerce or similar organization (available at:
- Rotary, job postings: “We have an Infant at Work Program that is based on the long-term health values of breastfeeding newborns and infant-parent bonding. Eligible employees who are new mothers, fathers, or legal guardians can bring their infant (6 weeks to 6 months) when returning to work. (Depending upon job duties and work location.)”

Other topics

- <https://drive.google.com/file/d/1amyuWed4XkO5dwyfCKmu72RzaAoNf8u-/view>
- <https://www.sciencedirect.com/science/article/pii/S1049386720300992>

February 2021 Breastfeeding Support

- Meeting of all the breastfeeding support groups and services fully available in the community includes International Board Certified Lactation Consultants (IBCLCs), La Leche League (LLL), and other skilled breastfeeding support
 - **Monday, 2/22, at 2pm**
- Questions to answer:
 - Are Non-health system breastfeeding support groups and services fully available in the community? (includes International Board Certified Lactation Consultants (IBCLCs), La Leche League (LLL), and other skilled breastfeeding support)
 - Breastfeeding support must extend beyond the clinic. What type of referral system exists for lactation support for parents?
 - How can Breastfeed Durham facilitate/support a referral system for clinics/healthcare providers? Is this a need?
- Future Meetings
 - With attention to meeting the needs of various racial/ethnic groups.
 - Who can facilitate a annual meeting of community lactation support providers
 - And at least one communication to the public on this mutual effort is documented annually.
- Continue to work on...
 - Including doulas and **Durham Volunteer Doulas** <durhamdoulas@gmail.com>
 - Create a (more complete) list of doulas in Durham (particularly postpartum support and Black doulas)
 - Review/Revise lactation support resources
 - Support Latinx families specifically (continue advocacy work and lift up existing Latinx advocate voices in Durham)

- Continue to advocate for expanded support for Black and POC lactation support (how can we continue to make existing support more visible? And support the creation of expanded support?)

March 2021

Family Member Support / Partners

- We should think about how we want to celebrate breastfeeding friendly community partners on Breastfeed Durham.
- Do we want to re-proclaim? We want to include the Mavapod in the wording.
- follow up regarding fatherhood with Randy Trice
- Think about each group: Grandmother, Dads, LGBTQ, Family, etc.
- follow up with L'Tanya Gilcrest regarding breastfeeding friendly churches.
- specifically talk about how to support grandmothers, aunts, and other family members who provide loving influence and guidance in the family.
 - How could we be more welcoming?
 - Literature directed at grandmas, inclusive images
 - Add resources to website - family support page
 - Senior center support meeting? Quarterly?
- <https://www.newsweek.com/hospital-asks-midwives-stop-using-terms-breastfeeding-breast-milk-more-inclusive-1568677>

March 22, 2021

1. Are we ready to share the [Durham Proclamation](#)?
2. Bernadette
 1. Please share any updates on general community stuff
 2. Are you starting to connect with churches?
 1. Talking points [Breastfeeding Family Friendly Places of Worship](#)
 2. [Contact list](#)
3. The team: Review Blogs for the newsletter (send changes to Love)
 1. [Back at School for Lactating Educators](#) (Love is sharing this)
 2. [Breastfeeding and Trauma](#) (Do we need a picture?)
 3. [Equity in the IBCLC Credential](#) (Gina is working on this)
 4. [Supporting Lactating Employees During Covid-19](#) (Updates for NCBC meeting)
 5. [Update: Doulas at the Duke Birthing Center](#) (Do we want to add in Maya stuff?)
 6. Something about our [Asian affinity group](#)
4. Durham Tech (any additions?)
 1. Durham Tech has a policy supporting breastfeeding.
 2. Durham Tech provides a welcoming atmosphere for breastfeeding families.
 3. **Health care** in Durham Tech

1.is breastfeeding-friendly.
 2. During pregnancy, all families in Durham Tech are informed about the benefits of breastfeeding and where to access support as needed.
 3. Follow the principles of the International Code of Marketing of Breast-Milk Substitutes.
 4. [The US Business Case for Breastfeeding](#) is promulgated.
 5. **Durham Tech** includes breastfeeding-friendly curricula at all levels.
5. Student work (2:30)
- Were you able to find the current breastfeeding policies from Duke University, Duke Medical, or any other of third-party contractors?
 - Many times conflict can be resolved by simply sharing the existing policy with both the manager and employee. Because so few individuals in an environment are typically lactating, the employer can often figure out who complained. Typically we don't ask for this kind of detailed information from parents, because sharing a parents experience with their employer often results in that employee being fired.
 - What do you think about going in a different direction?
 - Are you aware of Duke breastfeeding policy <with a link>?
 - How do you feel the current policy is being implemented in your work environment?
 - Is there any information that you would like Breastfeed Durham to share with your employer?
 - Share some resources:
 - [What breastfeeding employees need to know](#)
 - The Making It Work Tool Kit for lactating [parents](#) and their [family](#).
 - Breastfeed Durham for more local breastfeeding support and advocacy information.

March 29, 2021

- When and how do we want to promote Minority Health Month
 - Make blog
 - Ask to Community of add additions
 - Add: Black Maternal Health Week takes place every year from April 11 –17. The fourth annual national Black Maternal Health Week (BMHW) campaign, founded and led by the Black Mamas Matter Alliance, will be a week of awareness, activism, and community building. <https://blackmamasmatter.org/bmhw/>
 - Something about the Proclamation
 - Every Kid Healthy Week
- Are we ready to send [Back at School for Lactating Educators](#)
 - **No** Send it on April 12, No April 19 after Black maternal Health Week
- Review the Draft new letters: Have we fully reviewed...
 - [Asian and Pacific Islander Community Task Force](#)
 - (reupload, done)
 - yes , donate to the API Breastfeeding Task Force
 - [Covid Vaccine Breastfeeding](#) Can we share this on social media?
- Proclamation
 - April 19 [Durham Proclamation](#)
 - Mayor Schewel has approved our request for the proclamation to be presented at the April 19th City Council Meeting starting a 7pm.
 - One representative from our organization is invited to receive the proclamation and give three-minute remarks. Let them know who that person will be by April 13, 2021.
- Review student work
- Did everyone get their new email addresses set up? Anyone else want/need one?

Notes from our meeting with Equity Before Birth.

- My draft of events for minority health month (please review):
<https://docs.google.com/document/d/1FNIGXLqrekv40KiTW1fn4MANsCn4la68IT7FiWoxE1g/edit?usp=sharing>
- Please help us find or build a team of at least 5 advocates with Black identity who are willing to look at Durham through the [Ten Steps](#) to a Breastfeeding Family Friendly Community lens at least once per year and make recommendations (willing to partner with other organizations or step aside if others are already doing to work).
- I am currently in conversation with my computer science contacts regarding our data management systems.
- I have requested that the community action team schedule a meeting for May instead of June.
- I have modified our digital calendar invitation. The next meeting of Bernadette, you, and myself is scheduled for May 24. But my hope is to reschedule too coincide with the community action team meeting.
- Reach out to NC 360, 211.org, etc.
- We will all advocate for better data management systems whenever we talk to organizations with that kind of influence.
- Connect Bernadette to more printed materials to share over the summer.
- Reach out to services to get breastfeeding resources on current existing service lists, Salvation Army etc.
- Work to get the community action team more robust (this may be outside of my power)
- Re do work on website

April Goal: Churches and Community Organisations

Black Maternal Health and Minority Health Month

- Are we happy with the test newsletter? Yes
 - Do we want to add any events, [2021 Minority Health Month](#)? Not from the team.
- 16 months ago I added this to our agenda.... Form a Taskforce on Maternal Mortality and Disparate Racial Outcomes and model it after the work that is being done in New York.
 - The community has made it happen! it sounds like others are working on this!
- Last April: Breastfeeding Durham formed a Subcommittee/Taskforce to work on the breastfeeding parts of Maternal Mortality and Disparate Racial Outcomes, but we like the idea of working with a larger group better. We are more than happy to let others (Joy and Maya) take the lead on this work.
 - Update website
 - What does this look like now? Implementation model?

- Give shape to a team advocates (EBE, Maame, Bernadette) Black identity who are willing to look at Durham through the [Ten Steps](#) to a Breastfeeding Family Friendly Community lens and make recommendations.

Phone calls last week

- Please review [April Notes for MAAME](#)
- Please review the LGBTQ [April 1 2021 meeting notes](#)

April 5, 2021

- Bernadette work on [Breastfeeding Friendly Churches](#).
 - Help can we help?
 - Do we need an additional write up? The one above is great
 - Check in on NCBfC, USBC, and Maame (all also are working on this.)
 - Contact list [Breastfeeding Family Friendly Places of Worship](#)
- Meeting with Durham Tech Wed Apr 7, 2021 1:30pm – 2:30pm
- Moving to local destination of “Breastfeeding Welcome Here”
 - Review the old award in google
 - How do we want to promote the Breastfeeding Friendly businesses (the one from NCBC), the recipients of the breastfeeding welcome here award?
 - Mass blast?
 - Personal letter?
 - Add it to the website?
 - Call to actions can be moved to April and August, or stay at June?
- IBCLC equity update
- Reach out to all Parent advocacy groups in Durham
 - I think this is mostly done. We just added a lot a people and organisations to our mailing list.
 - Now we need a call for action (who can write something?)
 - Apply for award
 - The award needs to be updated/change the website
 - New work with Maame and Equity Before Brit
 - We need to send Maame them a write up ASAP
- Send out a pamphlet: help food pantries know how to support breastfeeding families.
 - Reach out to Sia to put something together.
 - Can the health department print it?
 - Can we mail it (funds)?
- Next Proclamation scheduled, April 19.
 - How do we want to promote it, as part of “Every Kid Healthy Week”?
- We are to sending [Back at School for Lactating Educators](#) (April 9 with Black Maternal Health).

- Review student work regarding the Breastfeeding welcome here initiative on Duke campus
- Request from EBB: (June 9,
 - I am currently in conversation with my computer science contacts regarding our data management systems.
 - I have requested that the community action team schedule a meeting for May instead of June. Hope to meet with Maya Jackson and Joy Spencer at that time.
 - Reaching out to NC 360, 211.org, etc. We will all advocate for better data management systems whenever we talk to organizations with that kind of influence.
 - Connect Bernadette to more printed materials to share over the summer.
 - Reaching out to services to get breastfeeding resources on existing service lists, Salvation Army etc.
 - Work to get the community action team more robust (this may be outside of my power)
- Updating the Breastfeed Durham website

April 12

- Next County Proclamation scheduled for today, April 12.
 - City scheduled for next week April 19.
- Review and edit: [April: Breastfeeding Family Friendly Places of Worship](#)
- Review and give back at next meeting. <https://breastfeeddurham.org/black-breastfeeding>
 - Written over a year ago...Is this still who we are?
- Moving to local destination of “Breastfeeding Welcome Here”
 - Review and give feedback at next meeting the old [award](#) in google
 - Cling [April 2021 BFFFC Draft.png](#)
- Review student work regarding the Breastfeeding welcome here initiative on Duke campus. [Infographics](#)
- NCBC is gearing up to send out our April NCBC newsletter. Planning to include the success of this organized effort in our newsletter this month. (with a link to the letter). Contact person that we can list with the excerpt should anyone have follow questions or desire to connect?
- Love is currently in conversation with my computer science contacts regarding our data management systems.
 - Reaching out to NC 360, 211.org, etc. We will all advocate for better data management systems whenever we talk to organizations with that kind of influence. Dead end

April 19

- Moving to local destination of “Breastfeeding Welcome Here”
 - How do we want to work on the cling? [April 2021 BFFFC Draft.png](#)

- As few changes as possible. We have found our consensus.
 - Aubrey will work on a 3X4" image
 - Who has reviewed the [award](#)? Read to share?
 - We will have friends who (don't know much about breastfeeding review it this week).
 - Who wants to review and edit [Breastfeeding Friendly Business Award](#) page? Read to share?
 - ???
- Ready to share? [April: Breastfeeding Family Friendly Places of Worship](#)
 - Aubrey and Bernadette

Updates

- City proclamation scheduled today April 19.
- Reviewed student work regarding the Breastfeeding welcome here initiative on Duke campus. [Infographics](#) going up in the next two weeks.

April 19 to do list

- Follow up with Durham Tech
- How do we want to promote Proclamation , as part of "Every Kid Healthy Week"?
- Love will follow up regarding the LGBTQ+ human milk feeding committee work [April 1 2021 meeting notes](#)
- Follow up with Bernadette about <https://breastfeddurham.org/black-breastfeeding>
- Reaching out to services to get breastfeeding resources on existing service lists, Salvation Army etc.
- Working on Send out a pamphlet: help food pantries know how to support breastfeeding families.
 - Reach out to Sia to put something together.
 - Can the health department print it?
 - Can we mail it (funds)?

April 26

Who can review info for the Newsletter?

- Asian American and Pacific Islander Heritage Month, takes place in May.
- Aubrey: We want to celebrate business.
 - Can someone combine the best parts of..
 - [Breastfeeding Friendly Business Award](#)
 - [Supporting Employees During Covid](#) Do we want to push this until June?
- Rachel: Save the date (June 3) [LGBTQ+ Gaps In Care](#)

- Everyone: [Talking About Racism](#)
- Done: [Places of Worship](#)
 - Changing over to the local designation of “Breastfeeding Welcome Here”. Updated the Breastfeed Durham Website. Ordered clings estimated delivery date Thursday, April 29, 2021.
 - Updated and finished reviewing materials for places of worship
 - and food pantries.
 - Anything else? [2021 City and County Proclamations](#)
- Bernadette: [Job Positions in Early Childhood](#)

To do list

- Put together the newsletter see above
- Love: Next week Reaching out to nonprofit organizations to get breastfeeding resources on existing service lists, Salvation Army etc. How?
- Bernadette: Bernadette is ready to participate in community events and we want to support her and. Put together a list of needed resources for public fairs and a budget request to attend community events.
- Aubrey: Follow up regarding county healthcare policy

May and August City and County Governments

May 10

- NCBC
 - Review <https://www.ncbfc.org/perinatal-region-map>
- Newsletter
 - ideas for next month
- Follow up regarding breastfeeding friendly signs,
 - Breastfeeding Welcome Here
 - www.biomilk.com (I think, did not pas)
 - Letter
 - NCBC form
 - Up date website
 - Asking for more business
 - Are we ready to ask for donations (Check in with Gina)
 - Duke Foundation (done)
 - who else?
 - Materials on benefits of breastfeeding and where to access support are distributed, produced or approved by the breastfeeding authority or Designating Group, reflective of the population and culturally appropriate.
 - in hard copy (Aubrey is working on this)

- online (BreastfeedDurham.org)
 - Rachel is going to update and refresh the website
 - through community and faith-based organizations, (Bernadette is working on this)
 - health sector, ask tluna@dconc.gov to help
 - local breastfeeding support groups
 - breastfeeding coalition
 - Bernadette is ready to participate in community events. List of needed resources for public fairs and a budget request to attend community events.
 - Bike
 - Love: “Breastfeeding welcome here” seal/logo is posted on city websites and/or social media or similar, and/or flyers are available at the visitor's bureau.
- Aubrey
 - Follow up regarding county healthcare policy,
 - Work to get the community action team more robust.
- What are we doing in August World Breastfeeding Week/National Breastfeeding Month?
 - The Big Latch On (Virtual)
 - Networking Event for Providers. This event was recorded and will be shared with parents via social media, with the purpose of increasing and continuing breastfeeding.
 - Live, Love, Latch |La Leche League
 - State Breastfeeding Coalition
 - For LGBTQ+ Families
 - What is the other week
 - For Native Breastfeeding Week
 - For Black Breastfeeding Week
 - Reach out to Black health advocates groups
 - Reach out to WIC to collaborate about offering family support
 - Utilize health department resources
 - More texting with parents
 - More Spanish-speaking events
 - Photo events

May 17

- Follow up regarding breastfeeding friendly signs,
 - Breastfeeding Welcome Here
 - Materials on benefits of breastfeeding and where to access support are distributed, produced or approved by the breastfeeding authority or Designating Group, reflective of the population and culturally appropriate.

- in hard copy (Aubrey is working on this)
 - online (BreastfeedDurham.org)
 - Rachel is going to update and refresh the website
 - through community and faith-based organizations, (Bernadette is working on this)
 - health sector, ask tluna@dconc.gov to help
 - local breastfeeding support groups
 - breastfeeding coalition
 - Community events.
 - Bike
 - Love: “Breastfeeding welcome here” seal/logo is posted on city websites and/or social media or similar, and/or flyers are available at the visitor's bureau.
- Aubrey
 - Follow up regarding county healthcare policy,
 - Work to get the community action team more robust.

May 24

- No meeting on May 31
- Kathleen and Love are in meetings all week
- Aubrey is on vacation
- Review newsletter
 - Rachel will work on all the LGBTQ articles
 - Bernadette Jobs article
 - Push the transportation equity article until some can add more breastfeeding stuff
 - Push the ten steps until we have a light newsletter
- How should we follow up with Dr. Shaikh and the MRTTI student project?
 - Yes, follow up.
 - Copy the team
- Cancel the business meeting until Fall. Follow up students in the Fall.
- Update on community events.
 - What do you need
 - Bike-Love sends a group email.
 - B- follow
- Photo events
 - Any updates
 - May need fig and water, leave a break
 - One more photographer beside Aubry
- Review website
 - <https://breastfeeddurham.org/emergency-resources/>
 - Rachel reviews the main page

June 7th meeting

- **To do:** We need to finish the abstract for the health conference.
- **To do:** The next Newsletter needs to be done by June 18, published July 1
 - Breastfeeding Month
 - Beginning to document community activities around national breastfeeding month. In an effort to reflect equity, I am waiting to publish additions until I have a few more.
 - [Community Update](#)
 - Amber: Healthy Children Project's Our Milky Way
- **Reviewed** the [Gabs in Care meeting on June 3, 2021](#)
 - Queer family play date
- Love is working on the next child care meeting in July "Talking with Families"
- **Last week**
 - Promoting of food security research project for Durham.
 - Connecting with the North Carolina representatives who will be sent to the United States Breastfeeding coalition convening conference.
- **Do you all want to take a short break** (Love is out of town)?
 - **No meeting June 21, 28, or July 5?**

June 14th meeting

- **To do:** The next Newsletter needs to be done by June 18, published July 1. We need two people to review each section.
 - Intro to comment... [July 1 2021 updates for newsletter](#)
 - Everyone (review by Wed at 5)
 - Love will add info: [National Breastfeeding Month 2021](#)
 - Aubrey, Rachel (I will be adding info all weeks so please review on Monday)
 - [Supporting Business and Employees](#)
 - Everyone (Do we want to keep?)
 - [Dirve Thru Community Baby Shower](#) (hopfully we can add more before Friday)
 - MAAME, EBB and SisterSong will host a Drive Thru Community Baby shower on July 31st. Asking for donations of new baby items and monetary donations for us to buy new items. Every family will receive basics such as diapers, wipes, bottles, bibs, blankets, onesies, socks and hats.
 - [Language Matters](#) (hopfully we can add more before Friday)

- Amber, any more info?
 - [Transit Equity Campaign](#) to comment...[Breastfeed Durham_transit Equity](#)
 - Bernadette any more thoughts?
 - [Job Positions in Early Childhood](#)
- Love is working on the next child care meeting in July “Talking with Families”
 - Does Bernadette want to help
- Take a short break
 - No meeting June 21, 28, or July 5?
- Community events
 - July 31st.
 - They love to possibly do an outdoor community event with resources... thoughts?
 - Need sunglasses
 - Need books
 - Need magnets
- Photos
 - September 18 or October 2
 - In Durham Aubrey and Sai
- Aubrey turned this into an article [Community Update](#)

July 12 meeting

- To do: The next Newsletter needs to be done by July 28, published in August.
 - Do we want to put together more than one (one each week in August)?
 - Rachel is going to work on this. She's going to take the information on the about us page and combine it with some of the language in the Breastfeed LA newsletter.
 - Intro to comment...
 - [Job Positions in Early Childhood](#)
- Love is working on the next child care meeting in July “Talking with Families”
 - Does Bernadette want to help
 - yes
- Check back in with law enforcement in August
- Done: Finish uploading YouTube videos about the benefits of breastfeeding
- Rachel: Clean up Website (remove, reduce, improve)
- Aubrey: Try to get an article in the Indy (and/or Durham Herald?)
- Try to get on the Durham website to talk about breastfeeding friendly
 - Which website? The county? City? Something else?
- Love: Set up 501 C3 for giving to Facebook and PayPal
- On go and doing a great: Continue to network with other local maternal health & breastfeeding-related organizations & businesses on social media
- Sept: Checking on breastfeeding-friendly pediatricians offices

- September Photoshoot
- No update: Breastfeed Durham & LGBTQ+ Family Support and anything for the August newsletter
- Aubrey: Healthy Moms, Healthy Babies Community Resource Drive-Through Event, July 29, 9-1 pm -

July 19 meeting

- The next Newsletter
 - Do we want to put together more than one?
 - Yes a late July and
 - One or two in August as needed.
 - Rachel is going to work on the opening of the August newsletter. She's going to take the information on the about us page and combine it with some of the language in the Breastfeed LA newsletter.
 - Did someone else review?
 - [2021 Summer Events](#)
 - Move to August
 - [National Breastfeeding Month 2021](#)
 - Move to August
 - [Drive-Thru Community Baby Shower](#)
 - July
 - [Healthy Moms, Healthy Babies Community Resource Fair](#)
 - July
 - [La Leche League of Durham](#)
 - Move to August
 - [31st Annual Art of Breastfeeding Conference](#)
 - Move to September
 - [Alliance of Black Doulas for Black Mamas](#)
 - July
 - [Job Positions in Early Childhood](#)
 - July
 - Bernadette: Job Positions in Early Childhood
 - Do we want to share? MomsRising's information on the Child Tax Credit is set to roll out this week. As you may know, thanks to the American Rescue Plan signed into law in March, the Child Tax Credit has now been expanded to reach more families. Starting July 15th, families can receive \$300/per month per child under 6 and \$250 per month per child ages 6-17.
 - Yes in July

- Reaching Our Sisters Everywhere invites you to our 10th Annual Breastfeeding and Equity Virtual Summit: Reckoning with Resilience. <https://www.eventbrite.com/e/2021-rose-breastfeeding-equity-summit-reckoning-with-resilience-registration-152732875141>.
 - Yes in July
- **Any updates?** Printed materials July and August events
 - They are printed
- **Breastfeeding Welcome Here Project updates:** Did we officially send out letters, did Aubry update NCBC
 - done
- **Do we want to work on this?** [tools you can use](#) to urge your governor to proclaim August as Breastfeeding Month in your state or territory
 - Not right now
- **Anyone?** Durham ECAP implementation: Please consider nominating yourself or someone you know to serve on the steering committee using this nomination form <<https://bit.ly/NominateECAP>>! Nominations are due by July 31, 2021.
 - Not right now
- **So let's talk about a new policy at DSS** that will require all babies that test positive for drugs/alcohol at the local hospitals will need automatic DSS involvement and cannot be discharged until DSS sees them in the hospital...we can put it on the agenda for next week?
 - Follow up with born in Durham health for live.

To do

- Love: Check back in with law enforcement in August
- Rachel: Clean up Website (remove, reduce, improve)
- Aubrey Try to get an article in the Indy (and/or Durham Herald?)
 - Email sent
- Love: Set up 501 C3 for giving to Facebook and Venmo (talk to Ian)
- On go and doing a great: Continue to network with other local maternal health & breastfeeding-related organizations & businesses on social media
- September Photoshoot
- No update: Breastfeed Durham & LGBTQ+ Family Support and anything for the August newsletter
- Any updates Aubrey, no: Healthy Moms, Healthy Babies Community Resource Drive-Through Event, July 29, 9-1 pm -
- Love needs to put together slides on bf Policies for child care programs and the local destination

July 26 meeting

- The mid-July newsletter goes on today at 3 PM
 - Anymore changes
- The next Newsletter
 - Rachel is going to work on the opening of the August newsletter. She's going to take the information on the about us page and combine it with some of the language in the Breastfeed LA newsletter.
 - Did someone else review?
 - [National Breastfeeding Month 2021](#): who can format this?
 - Add in info from [2021 Summer Events](#)
 - Move to August
 - Add in info from [National Breastfeeding Month 2021](#)
 - [La Leche League of Durham](#)
 - Move to August
- A new policy at DSS: There is no follow up from the Born in Durham Team.
 - <https://www.acog.org/education-and-events/webinars/caring-for-pregnant-and-breastfeeding-women-with-opioid-use-disorder>
- Review Durham's Self-Appraisal: Approaches and Measures
 - <https://breastfeeddurham.org/bring-breastfeeding-friendly-to-your-global-community/suggested-approaches-and-measures/>
 - Make a todo list
- To Do:
 - Durham Self Assessment - action items:
 - Aubrey: government website/social media
 - Love: law enforcement

August 2

- Particularly as we look at the themes of National Breastfeeding Month the racial affinity themes pose an interesting challenge for our community.
 - I heard on NPR that 20% of babies born in 2019 in Durham identified with two or more races. I cannot find this data in writing, but it's an interesting thought.
 - Change the language of our website for "Race Equity/First Food Advocates."
 - Instead of "maternal" preferring the term "perinatal".
 - Lag/Race Equality/First Food Advocates framework.
 - Meeting on First Food Advocates
 - All of the race advocacy organizations in the area, all the IBCLC's in private practice, and all of the doulas in private practice collaborate with at least two counties. Primarily Wake County, Durham County, and Orange County. But also depending on where they're located also cross into Johnston

County, Chatham County, and Alamance County. Someone else is going to need to hold the space maybe BFFC or the Piedmont Coalition, but not Breastfeed Durham. Breastfeed Durham is about advocating for Durham families. Someone without Durham in their name probably should take the lead on this. Individuals who are members of Breastfeed Durham would be part of the work, Breastfeed Durham should be a member, but not the leader or the facilitator.

- The mid-August newsletter goes out on August 15
- Continue to update events, but it looks good.
- Do we want to remove the Women's Birth and Wellness Center from our website?
 - For six months maybe
 - They are the only people who take insurance
 - Follow up with Family Care
- Review Durham's Self-Appraisal: Approaches and Measures
 - <https://breastfeeddurham.org/bring-breastfeeding-friendly-to-your-global-community/suggested-approaches-and-measures/>
 - Make a todo list
 - [Pro-Lactancia Hispana](#)
- To Do:
 - Durham Self Assessment - action items:
 - Aubrey: government website/social media
 - Love: law enforcement
 - Rachel: Clean up Website (remove, reduce, improve)
 - Love: Set up 501 C3 for giving to Facebook and Venmo (talk to Ian)
 - On go and doing a great: Continue to network with other local maternal health & breastfeeding-related organizations & businesses on social media
 - September Photoshoot
 - Love needs to put together slides on bf Policies for child care programs and the local destination
 - [Add the April proclamations to the website](#)
 - [Add NPR thing from last year](#)
 - "Breastfeeding welcome here" seal/logo is posted on city websites and/or social media or similar, and/or flyers are available at visitor's bureau.
 - [\[Redacted\]](#)
- Evens to do list: Follow up
 - Events for week 2 and 3
 - Black breastfeeding week events
 - Photo events
 - 8th Hispanic Heritage Fiesta in Siler City
<https://hispanicliaison.org/event/hispanic-heritage-fiesta-2021/>
 - Back to School Bash, [Sep 25, 2021](#)

Aug 9, 2021

- The mid-August newsletter goes out on August 15: We continue to update events, but it looks good. (10 mins)

- When should we test the next newsletter (still missing the last event)?
https://breastfeeddarham.org/wp-admin/admin.php?page=newsletter_emails_composer&id=41
- Do we want to add something?
https://breastfeeddarham.org/wp-admin/edit.php?post_status=future&post_type=post
 - Need to circle back to newsletter.
- Women's Birth and Wellness Center (5 mins)
 - They are the only people who take insurance
 - Made them less prominent, but did not fully remove.
 - Approved.
- Review (5 mins) the [BFFC Business Award \(Responses\)](#)
- Review the letters to the community: (20 mins)
 - There are 12 letters for different organizations/communities within the folder: visitor center, our Spanish-speaking advocates, Chamber of Commerce, Parks and Recreation, First Responders, Public Libraries, Providers, Local Pharmacies and Grocery Stores, Child Care Providers, Colleges and Universities, Public Schools, Food Equity Advocates and our mailing list. Each one addresses a different expectation from the 10 steps.
 - Follow up note:
 - At Central Compounding Center South we compound all purpose nipple cream to support women with sore nipples while breastfeeding. However, this does require a prescription from their doctor. Please contact me for more information.
 - Jason, Central Compounding Center South, 6224 Fayetteville St., Ste. 104, Durham, NC 27713, T 919-484-7600, F 919-484-7676,
www.centralcompounding.com
 - Folder:
<https://drive.google.com/drive/folders/1TXktPUof8Rhr3ezODBC0Wp2I9kKDIowm?usp=sharing>
 - Follow up with Family Care
 - Next time: Review Durham's Self-Appraisal: Approaches and Measures
 - <https://breastfeeddarham.org/bring-breastfeeding-friendly-to-your-global-community/suggested-approaches-and-measures/>
- Is the September photoshoot on your calendar (5 mins)?
 - <https://www.signupgenius.com/go/10c0c49a8a828abfac16-bffc>
 - Still need volunteers to sign up, esp Durham on 9/18
- Note from Love (10 mins, talk more about it later)
 - Read Love's note below to clarify some of the objectives/vision for the proposed Race Equity series
 - Need to clarify top goals: to present information? To have a listening session/hear concerns? To generate a "to do" list (and if so, for whom?) all of the above?
 - Inward vs. outward facing meetings

- Durham-focused vs. broader connections
- Want a “host” organization & facilitator (not us) for each
 - Can we get in touch with these partner organizations, feel them out or even have some commit before we move forward?
 - Want to make sure we don’t feel like we’re burdening another organization with our idea; that they feel they are getting something concrete out of the partnership
- How frequently can we commit? How can we set up something that recurs with minimal setup?(Is this more than we can take on? What are the other projects/priorities for the next year or would this be the main focus of the meetings in between to prepare?)
 - We approach a multitude of North Carolina, Triangle, and/or Durham based advocacy groups (big groups with lots of people) that focus on race equity, perinatal health, or food security, and ask them to hold a meeting themed around first food race equity. During the planning stages we could provide information on first food equity, they would provide or bring in the race equity expertise. Like Born in Durham, Latin-19, the Durham Food Security Council, etc. The idea is that Breastfeed Durham would show up as a participant in the meeting with a call to action. “What is one thing that your organization is willing to do to address the disparities discussed during this meeting within the next year.” The advocacy group would be in charge of all the final decisions: the facilitator, the presenter, the goals. We could provide information about optimal infant feeding and we could promote the events (like we promote other community events). The idea is that first food race equity discussions become part of the fabric of other advocacy groups, some thing they do within themselves every year without us having to do anything long-term.
- Do we want to start with focus groups (Aubrey has \$ for these in her budget)? If so, how would they work & how would we use the data moving forward? (Again, what are the goals)? *Is this actually less work/more efficient or not?
- To Do list
 - Rachel: Clean up Website (remove, reduce, improve) - in progress
 - Love: Set up 501 C3 for giving to Facebook and Venmo (talk to Ian)
 - Love needs to put together slides on bf Policies for child care programs and the local destination
- Events to do list: Follow up
 - Black breastfeeding week events

Note from Love....I am beginning to formalize my thoughts around our race equity discussion from Monday during the Breastfeed Durham meeting.

All of the race advocacy organizations in the area, all the IBCLC’s in private practice, and all of the doulas in private practice collaborate with at least two counties. Primarily Wake County, Durham County, and Orange County. But also depending on where they’re located, they also cross into Johnston County, Chatham County, and Alamance County. Race equity work is exhausting. It’s important to remember to share the load. Breastfeed Durham is about advocating

for Durham families. I was hearing from the Breastfeed Durham that someone without Durham in their name probably should take the lead on this. Individuals who are members of Breastfeed Durham would be part of the work, but Breastfeed Durham should be a member, but not the leader or the facilitator.

I brought this up with the Durham team because the disparities in our community are so great. Race equity has been at the center of our work in Durham from the beginning, but our race affinity groups are running out of steam. This is my suggestion for re-energizing the work.

I'd be willing to "shop" this idea around, letting other organizations and let them take the credit and the lead on the work as long as it's getting done.

In celebration of the themes of 2021's National Breastfeeding month, [Breastfeeding Family Friendly Communities or fiduciary organization] of [Chatham, Durham, and Orange County or North Carolina or communities involved] invites you to participate in our First Food Race Equity series A Shared Responsibility. Community members who are *working to build effective alliances across divisions are welcome. We would be working together with the goal that racial equity impacts can truly benefit all communities. This series would occur every two months and last 90 minutes, beginning with a presenter, followed by a community listening session, ending with special attention in the last 30 minutes given to our breastfeeding families who are English language learners.*

The series will provide a framework for understanding racial equity in the realm of the first food justice movement. Participants will learn how imbalanced and oppressive social structures prevent the inherent right for families of color to provide human milk as first food. Breast/chestfeeding is a primary food justice concern and our most important first food. Participants will identify inequities in breastfeeding rates and related health disparities that arise from structural failures to provide adequate support in communities of color. These concepts will encourage reformation in policies and procedures which will fuel collective impact and movement building for first food racial equity. In these sessions we will discuss why first food matters for communities of color across the triangle area. Research shows that the first 1,000 days of nutrition can set a course for a healthy life or perpetuate a cycle of poverty, ill health, and disease. The collective solutions solicited during these sessions will empower systemic change in the racial structures which impacts the first food field.

Meetings could focus on:

- Black
- Indigenous
- Blend races, Latino, Lationx, Hispanic
- Being a white ally and the First Food Justice space
- 2 parts : all the shades of brown, (I was once told that "some brown people are doing really well." We would explore who is doing well, and what are the disparities, viewing the situation from a population perspective as well as an individualistic perspective.)
 - Asian/Pacific Islander/ Middle Eastern, Karen
 - Blend races, non-Hispanic, I heard on NPR in 2019 20% of the babies born in Durham identify with more than one race (don't know if that statistic is true).
- And/or... more than race...add income insurcerty, housing insurcerty, Nuro diversity, universal access accessibility, LGBTQ, Geographic: North Durham, South Durham, East Durham, West Durham, Religious affiliations, Single parents, Trauma-Informed Care, Linguistically Appropriate Resources as its own meeting

Everyone who is committed to race equity is welcome to attend our meeting including including those of all genders and races.

Exact wording would need work. I plagiarize the language above from this link.

<https://facingrace.raceforward.org/archive/2018/sessions/first-food-justice-revolutionary-act-national-first-food-racial-equity-cohort>

Funding for presenters but would be great.

Aug 16, 2021

- The [mid-August newsletter](#): When should we test the next newsletter (still missing the last event)? (5 mins)
 - Start review now, the LGBTQ event goes out, go ahead and send,
 - send a follow up note when we have the Black Breastfeeding Event Info next week.
- Review request: "Please add us, the Women's Health Education Center, as a resource for our communities, many of our services are bilingual (English/Spanish)." (5 mins)
 - Love will need info, see if you like as we review the website
- Review the [BFFC Business Award \(Responses\) \(5mins\)](#)
 - Branches Community School: Employer & Community Partner Award (2021)
 - The Goddard School of Durham: Employer & Community Partner Award (2021)
 - Linking Connections Learning Center: Employer & Community Partner Award (2021)
 - Baba Ghannouj: Employer & Community Partner Award (2021) Food
- Board, meet on Tuesday August 17 to clarify some of the objectives/vision for the proposed Race Equity series? (5 mins)
 - Changing meeting format
 - We will not meet on the weeks of the race equity gathering with another organizations
 - Week 1: Topic
 - Week 4: Community Updates and Award Updates
 - Week 3: Newsletter, Website, and Social media Review
 - Week 2: Board Meeting: This meeting will be canceled in the months that we have a holiday on a Monday or a race equity meeting. Email us if you are interested in joining the board.
 - We approach a multitude of North Carolina, Triangle, and/or Durham based advocacy groups (big groups with lots of people) and humbly request that they focus one meeting per year themed around first food race equity. During the planning stages we could

provide information on first food equity, they would provide or bring in the race equity expertise. Suggest institutions

- Born in Durham
- Latin-19,
- the Durham Food Security Council, etc.
- The idea is that Breastfeed Durham would show up as a participant in the meeting with a call to action. “What is one thing that your organization is willing to do to address the disparities discussed during this meeting within the next year.” The advocacy group would be in charge of all the final decisions: the facilitator, the presenter, the goals. We could provide information about optimal infant feeding and we could promote the events (like we promote other community events). The idea is that first food race equity discussions become part of the fabric of other advocacy groups, some thing they do within themselves every year without us having to do anything long-term.
- When can I meet with each of you-non board this week? (5 mins)
 - Kimmie:
 - Spanish Resources: Spanish part of the website review
 - Newsletter review
 - Needs username and passwords
 - One week lead time for newsletter review
 - Hahanna
 - Business
 - Seed flyers
 - Gina
 - Breastfeeding friendly clinics
 - Review award
 - Review webpage
 - Review contact sheet
 - Review letter to providers
- Follow Up with Aubery about (10 mins)
 - Video
 - Focus group
 - Next grant
 - grandmother idea
 - Have breastfeeding friendly business review the the Breastfeed Durham website.
- Events to do list: Follow up (5 min)
 - Black breastfeeding week events
 - Newsletters
 - LGBTQ: Please share
<https://breastfeeddurham.org/events/lgbtq-human-milk-play-date/>
- Many changes to the website, please review and let me know. (remove, reduce, improve) - in progress. Take a section (15 mins)
 - About Us (Jenny/Rachel?)
 - Equity (Bernadett?)
 - Parents & Family | Healthcare (Gina?)

- Atmosphere (Aubrey/Rachel?)
- Español (Kimmie?)

****The information/list below covers our scope/strategic plan for then next 365 days. (60 mins)

- Review Durham's Self-Appraisal: Approaches and Measures (20 mins)
- Step 1:** The community's elected or appointed leadership has a **written statement** of policy supporting breastfeeding. **Pass**
 - When reprociame again in April or August, and then again in 3 years!
- Step 2:** The community provides a **welcoming atmosphere** for breastfeeding families. **Progress**
 - Signs in the the next health department grant, there are only a few county parks so this is very doable (think \$200 each)**
 - Follow up with park and rec in November**
- Step 3: Early and Exclusive** breastfeeding for up to 6 months and continued breastfeeding for at least a year are encouraged. **Pass**
- Step 4: During pregnancy, all families** in the community are informed about the benefits of breastfeeding and where to access support as needed. **Progress**
 - Brendett is rocking this**
 - She needs more money for this**
 - More work with dads. Ideas?
 - More work with grandmas. Ideas?
 - More work with faith groups. Ideas?
- Step 5: Health care** in the community is breastfeeding-friendly. **Progress**
 - Duke is almost done
 - Still need more work with clinics (NCBC is hard to working)
 - Local award? I would like to start local awarding providers. What do we think? (20 mins)
 - Letters to provider : Ten Step work for 2021
 - Gina, would you take the lead on this? Kimmie, could you help?
 - We have students in the fall.
- Step 6: Non-health system breastfeeding support groups and services** are fully available in the community. **Pass**
 - When should we send a save the date for the February meeting?
- Step 7: The business and social organizations** in the community provide a welcoming atmosphere for breastfeeding families. **Progress**
 - Trying calling churches
 - Can we do a walk and award?

- Step 8: Local businesses and healthcare clinics/offices follow the principles of the **International Code of Marketing of Breast-Milk Substitutes**. [Progress](#)
 - Aubrey, can you deliver race cards to the local grocery stores and pharmacies?
- Step 9:** The Business Case for Breastfeeding/ [NC Making It Work Tool Kit](#) it is shared by the Chamber of Commerce. [Pass](#)
 - Approve?**
- Step 10: Education systems** are encouraged to include breastfeeding-friendly curricula at all levels. [Progress](#)
 - Love, Kathleen, and Bernadett are working on child care
 - Aubrey, can you follow up on lactation spaces in public schools and Universities? It is the law.
 - Love, get on facebook about the law.
 - Anyone know someone at the University?
 - Need to follow up with Durham Tech
- Added in our focus on Equity Work after the meeting with the board.**
- Everyone thinks about what BreastfeedDurham might look like if Love is not the director in 2.5-3 years. (take home)

Aug 23, 2021

- Event up dates
 - LGBTQ+
 - Only two people
 - Black Breastfeeding
- Review board, meet on Tuesday August 17 to clarify some of the objectives/vision
 - Changing meeting format
 - We will not met on the weeks of the race equity gathering with another organizations
 - Week 1: Topic
 - Week 2: Board Meeting: This meeting will be canceled in the months that we have a holiday on a Monday or a race equity meeting. Email us if you are interested in joining the board.
 - Week 3: Newsletter, Website, and Social media Review
 - Week 4: Community Updates and Award Updates
 - We approach a multitude of North Carolina, Triangle, and/or Durham based advocacy groups (big groups with lots of people) and
 - Breastfeed Durham and some of our partner organizations in North Carolina want to humbly request that other advocacy groups in our area focus one meeting per year themed around First Food Race Equity. We hope that participants in meetings will be

called to action. We would ask that the community-based advocacy group provide on race equity perspective that is appropriate to the culture of the organization. Most of our NC breastfeeding organizations are not “experts” in race equity, but we are listeners, learners, and bring a variety of lived experience. We hope to provide information about optimal infant feeding and we could promote the events (like we promote other community events). The idea is that first food race equity discussions would become part of the fabric of our community.

- Breastfeed Durham humbly requests that [organization] focus one meeting per year themed around First Food Race Equity. The first food race equity movement centers around the social structures that prevent the inherent right for families of color to provide human milk as first food, and openly works to identify the cases of inequities and health disparities arising from structural failures to provide adequate support in communities of color. Breastfeeding is a primary food justice concern and our most important first food. Research shows that the first 1,000 days of nutrition can set a course for a healthy life or perpetuate a cycle of poverty, ill health, and disease.
- We hope that participants in your meetings will be called to action. “What is one thing that ‘you’ are willing to do to address the disparities discussed during this meeting within the next year?” We could provide information about optimal infant feeding and we could promote the events (like we promote other community events). The idea is that a first food race equity discussions would become part of the fabric of [organization].
- Born in Durham
- Latin-19,
- NCBfC
- Blue cross
- NC Latin-19
- the Durham Food Security Council, etc.

****The information/listed below covers our scope/strategic plan for the next 365 days. (60 mins)

- Review Durham’s Self-Appraisal: Approaches and Measures (20 mins)
- Step 1:** The community’s elected or appointed leadership has a **written statement** of policy supporting breastfeeding. **Pass**
 - When reprociaime again in April or August, and then again in 3 years!
- Step 2:** The community provides a **welcoming atmosphere** for breastfeeding families. **Progress**
 - Signs in the the next health department grant, there are only a few county parks so this is very doable (think \$200 each)**
 - Follow up with park and rec in November**

- Step 3: Early and Exclusive** breastfeeding for up to 6 months and continued breastfeeding for at least a year are encouraged. **Pass**
- Step 4: During pregnancy, all families** in the community are informed about the benefits of breastfeeding and where to access support as needed. **Progress**
 - Brendett is rocking this!**
 - She needs more money for this**
 - Centering Class at Durham Women's**
 - Are there others**
 - More work with dads. Ideas? Games, Ball Park, Dad friends, Go Cart , Golf, Bats, Maybe in June of 2022.
 - More work with grandmas. Ideas?
 - More work with faith groups. Ideas?

Aug 30, 2021

- Step 5: Health care** in the community is breastfeeding-friendly. **Progress**
 - Duke is almost done
 - Still need more work with clinics (NCBC is hard to working)
 - Local award? I would like to start local awarding providers. What do we think? (20 mins)
 - Letters to provider : Ten Step work for 2021 (work only with Breastfeed Durham for now)
 - Gina, would you take the lead on this? Kimmie, could you help?
 - We have students in the fall.
- Step 6: Non-health system breastfeeding support groups and services** are fully available in the community. **Pass**
 - When should we send a save the date for the February meeting?
 - Save the date November
 - Send a agin in Jan
 - Meeting on Feb 28
- Step 7: The business and social organizations** in the community provide a welcoming atmosphere for breastfeeding families. **Progress**
 - Trying calling churches
 - Can we do a walk and award?
 -

- Step 8: Local businesses and healthcare clinics/offices follow the principles of the **International Code of Marketing of Breast-Milk Substitutes**. [Progress](#)
 - Aubrey, can you deliver race cards to the local grocery stores and pharmacies?
 - Make a list for the pharmacies.
 - Compare foods
- Step 9:** The Business Case for Breastfeeding/ [NC Making It Work Tool Kit](#) it is shared by the Chamber of Commerce. [Pass](#)
 - Approve?**
 - Follow up again. We need them to do this before the end of the year and next year.**
- Step 10: Education systems** are encouraged to include breastfeeding-friendly curricula at all levels. [Progress](#)
 - Love, Kathleen, and Bernadett are working on child care
 - Aubrey, can you follow up on lactation spaces in public schools and Universities? It is the law.
 - Love, get on facebook about the law.
 - Anyone know someone at the University?
 - Need to follow up with Durham Tech
- Everyone thinks about what BreastfeedDurham might look like if Love is not the director in 2.5-3 years. (take home)
 - Kimmie:
 - Spanish Resources: Spanish part of the website review
 - Newsletter review
 - Needs username and passwords
 - One week lead time for newsletter review
 - Hahanna
 - Business
 - Seed flyers
 - Gina
 - Breastfeeding friendly clinics
 - Review award
 - Review webpage
 - Review contact sheet
 - Review letter to providers
 - Fatherhood of Durham/Breastfeeding
- Follow Up with Aubery about (10 mins)
 - Video
 - Focus group

- Next grant
- grandmother idea
- Have breastfeeding friendly business review the the Breastfeed Durham website.
- Many changes to the website, please review and let me know. (remove, reduce, improve) - in progress. Take a section (15 mins)
 - About Us (Rachel?)
 - Equity (Bernadett?)
 - Parents & Family | Healthcare (Gina?)
 - Atmosphere (Aubrey?)
 - Español (Kimmie?)
- Newsletter before Sept 11.
 - Need support with set up

Sep 13, 2021

- Review the weekend
 - Block Party Event
 - Photo Event
 - More volunteers
 - We need a sign in sheet
 - We need one more table
 - <https://www.dropbox.com/sh/ndtce2l4u3sgaku/AAAK-ud4AA9g8BPQ1HHxeCyW?dl=0>
 - Next Event, Oct 14
 - Ready to do a Fatherhood Event
- Work on: Health care in the community is breastfeeding-friendly.
 - https://docs.google.com/forms/d/e/1FAIpQLSfbsbcfznqga-vHPXmM3S1YNQKlfWy1zKnYEx25SGbLuGjck0A/viewform?usp=sf_link
- Look over the schedule for the next year
 - [Work Plan Fall 2021-Summer 2022](#)
- Review grant
 - Breastfeed Duham's write up on [Continuity of Care in Breastfeeding Support](#)
 - To download the Continuity of Care blueprint document, go to: <http://www.breastfeedingcontinuityofcare.org/blueprint>
 - To review the RFA, click [here](#).

September **Childcare** and Clinics

Sep 20, 2021

- photoshoot review
 - Send Aubrey link to a folder for the photos
- Aubrey changing jobs
 - Help find a replacement

Sep 27, 2021

- **Talk with My. Randy will talk about the Fatherhood event.**
- Should we share
 - Covid-19 during pregnancy (no)
 - Maternal health equity and climate change event Monday (yes)
 - The House is voting on the PUMP Act THIS WEEK. Join the Week of Action. (yes)
 - Registration here: <http://tinyurl.com/ClimateChangesPregnancy>
 - Apologies for cross-posting.
 - **The Providing Urgent Maternal Protections (PUMP) for Nursing Mothers Act (H.R. 3110) is likely [going to the House floor for a vote](#) sometime this week (Tuesday, September 28-Friday, October 1).**
 - This is a critical moment for the PUMP Act and we MUST raise our voices and make sure there is a strong vote in favor of passage. **Join us this week for a [PUMP Act Week of Action](#)** by calling, tweeting, and emailing your Representative in the House and asking them to "vote YES for the PUMP Act."
 - **We've developed a [partner toolkit](#) with sample emails, social media messages, and unbranded graphics to make participation as simple as possible.** We will continue to update the toolkit with additional resources as they become available and will send an email as soon as the vote is scheduled.
 - [Share the USBC Facebook post](#)
 - [Retweet the USBC Twitter post](#) In addition to sharing with your network, please take a moment to reach out to members of the House of Representatives on behalf of your organization. I am happy to help you identify key members of Congress in your state as well as contact information. Just email me at clebedev@usbreastfeeding.org and I'll be happy to help just as quickly as I can.
 - Thank you for your ongoing support of the PUMP Act and for all you do to improve the infant feeding journey for families. None of this would be possible without your support.
- **What should be in the next newsletter?**

- Sign up now to be included in our November and December newsletter as a BFF Businesses (Start draft)
- Goodbye to Aubrey and changes in leadership (never been a better time to join our team, meeting dates (start draft)
- Do we have volunteers for and supplies for the Headstart Event Oct 14 (follow up next week)
- How to work on handing over leadership responsibilities (next 1 pm)
- Jessica McCoppin (no, for Breastfeed, I would other parent I work with in other spaces, no as communitie parenter)
 - working with Dr. Lisa Gennetian at Duke and a multidisciplinary team of researchers and practitioners, including some folks you may know from CCFH/Family Connects Durham.
 - My name is Jessica McCoppin. I am working with Dr. Lisa Gennetian at Duke and a multidisciplinary team of researchers and practitioners, including some folks you may know from CCFH/Family Connects Durham.
 - We are reaching out to a few groups in Durham to share the work we are doing to better understand and address the needs of Black families with young children. This fall we plan to conduct a survey and focus groups to better understand the factors that influence participation and retention in early childhood programs, such as Family Connects. We'd love to partner with you to provide an opportunity for families to share their experiences and perspectives. Participants will receive payment for their time and insight (survey = \$25, focus group = \$40).
 - Are you interested in supporting our efforts? This will take very little time or energy from you and your staff. We will provide the few materials needed and are happy to answer any questions you may have. We are also happy to share the materials ahead of time and share a summary of our findings. Are there other ways you might like to be involved?
 - I'm happy to share some additional information that provides background on the purpose and intentions of the project. Please let me know by October 8th if we can include you in our list of community partners. Thank you for all you are doing to help families thrive in Durham!
- Review: Health care in the community is breastfeeding-friendly.
 - https://docs.google.com/forms/d/e/1FAIpQLSfbsbcfznqga-vHPXmM3S1YNQKLfWy1zKnYEx25SGbLuGjck0A/viewform?usp=sf_link
 - Checking on breastfeeding-friendly pediatricians offices
- Rack cards
 - Businesses that sell or promote commercial infant formula agree to offer pamphlets on the benefits of breastfeeding provided by a breastfeeding-support entity that receives no support from any part of the infant formula industry on the aisle or area where formula is sold.
 - No locally controlled groceries, food markets, convenience stores or pharmacies will promote commercial infant or related toddler formula by preferential shelf placement or by ads.
 - All non-locally controlled groceries, food markets, convenience stores and local pharmacies are encouraged to prevent local advertising of formula and to allow display space near infant foods and commodities for provision of

breastfeeding literature and support information. This information may not be provided by the formula industry.

Oct 11, 2021

- Talked with My. Randy about the Fatherhood
 - Can we include a fatherhood section in the next few newsletters?
 - Can work with him on the October 31 event (Love will be the rep on the 31)
 - Updates from Bernadette
- What should be in the next newsletter?
 - Businesses (Start draft)
 - www.birthingboldlyllc.com
 - www.KeystoneChiropracticNC.com
 - Both pass
 - Before holidays
 - Sign up now to be included in our November and December newsletter as a BFF Businesses (Start draft)
 - Goodbye to Aubrey and changes in leadership (never been a better time to join our team, meeting dates (start draft)
 - Work on it for 20 mins
 - Ask for input from Kathleen
 - Need to review
 - [Job Positions in Early Childhood -B](#)
 - [Fatherhood of Durham - B](#)
 - [Release of Durham County's Early Childhood Action Plan - - good to go](#)
 - [National Preparedness Month - move to November](#)
 - ~~[Safe Sleep and SIDS Awareness Month](#)~~
 - [Share your pandemic story - good to go](#)
 - [Black Birth Equity Fund - remove](#)
 - [Child Care Designation Opportunities! - on web , no newsletter](#)
 - ~~[The House is voting on the PUMP Act](#)~~
 - [Protect Pregnant People From Climate Change](#)
 - [Bilingual Nurse Home Visitor](#)
 - Remove climate change, and move nusres
 - What should be in the Novembere, December, January newsletter?
 - Need to start working on them now.
- Health care in the community is breastfeeding-friendly.
 - Checking on breastfeeding-friendly pediatricians offices
 - Reaching out to Duke

- Rack cards
 - Locally controlled groceries, food markets, convenience stores or pharmacies agree to offer pamphlets on the benefits of breastfeeding.
- Do we have volunteers for and supplies for the Headstart Event Oct 14 (follow up next week)
- How to work on handing over leadership responsibilities (next 1 pm)
 - I think I set up the invite wrong
- Review Breastfeeding Welcome Here
 - Review the Keystone Chiropractic Application
 - Birthing Boldly: Birth, Lactation, & Women's Health
- Rack cards
 - Locally controlled groceries, food markets, convenience stores or pharmacies agree to offer pamphlets on the benefits of breastfeeding
 - Work with Hanna next

- Time to reach out again to the Durham Chamber of Commerce
- Check in with Parks and Rec "Breastfeeding welcome here" signage is posted next to the welcome signs to the city or in similar prominent positions (e.g., city-operated parks, swimming pools, senior centers, etc.), and
- Email "Having the "church grandmas" (trained in breastfeeding support) calling to check on parents is a great idea. Many of the older members of my church lost a spouse during Covid. Many of them are extremely isolated. Many new parents are overwhelmed and struggling. Within my church friend group, some people have adopted a grandparent. What I mean by that is they brought one isolated elderly person into their Covid pod. That older person join the family or dinner on a regular basis. The younger family also supported the older member of the church with technology. Purchasing iPads. Providing tutoring on how to use zoom. Supporting each other." Is there a way that we could bring the Durham Faith Councils in to this discussion?

Oct 18, 2021

- Is there too much to do without Rachel and Aubrey?
 - Do we want to draft an email asking for new energy?
 - Someone to the send on clings
 - Someone to help draft the newsletter
 - Someone to work on social media
- Review the project from Blue Cross NC strategies to improve maternal and infant health outcomes for birthing people from Black, American Indian, Hispanic/Latino and other underserved communities
 - The application window for this funding opportunity is open from October 13- November 12, 2021.
 - Visit our webpage to learn more about the RFP process and application: <https://www.bluecrossnc.com/maternal-health>.

- Durham Volunteer Doula has merged with MAAME, Inc. Now one organization- keeping the name MAAME, Inc.
- Any updates from Fatherhood?
- Updates from the LGBTQ meeting
 - Family meeting on Saturday once per month
 - Merging with Orange Co because % of the volunteers live in Orange Co.
 - Hope to include something in each newsletter
 - Can Bernadette and Kathleen start coming to meetings (4 times per year)?
- Love sent a draft of the newsletter.
- Next week's meeting will be about breastfeeding-friendly health care in the community.
- Any updates on Rack cards and Locally controlled groceries, food markets, convenience stores or pharmacies agree to offer pamphlets on the benefits of breastfeeding? Going to bring in Hanna after Bernadette does a test run?
- Todo list:
 - Love still needs to follow up: (no cling mailed)
 - ~~Birth, Lactation, & Women's Health~~
 - ~~Keystone-Chiropractic~~
 - ~~Draft the next newsletter ASAP~~
 - All of the posts look good so far.
 - ~~Cut out everything but the infographic and the first part of the post on the PUMP Act. I'm not sure we need to advertise the USBS "changes in the pandemic" or the safe sleep stuff if we are running into too much content.~~
 - ~~Evite people to the CAT team meeting on November 3, reminder of surgery on November 10~~
 - Find out who's writing the next health dept grant?
 - ~~Follow up about BFFC child care video editing~~
 - ~~Great a write up from the LGBTQ meeting~~
 - ~~Time to reach out again to the Durham Chamber of Commerce~~
 - ~~Check in with Parks and Rec~~
 - ~~Follow up about grandmas in churches~~

Oct 25, 2021

Here is the link to our current application. Feel free to take a peak before we discuss things:

<https://docs.google.com/forms/d/e/1FAIpQLSfbscfzngga-vHPXmM3S1YNQKlfWy1zKnYEx25SGbLuGjck0A/viewform>

Also, here is a very flexible agenda—

- Burning thoughts and questions
- Walk through the current Breastfeed Durham Award
- Review the WHO Code and formula in clinic practices
- Discuss current context of formula use in Duke Clinics
- Discuss potential/feasibility of changing policy at clinics
- Discuss next steps and how Breastfeed Durham can support Duke clinics

Here is the meeting link <https://meet.google.com/xgf-iupz-ruf>

Notes for our meeting on breastfeeding-friendly health care.

Sent this to a Code of Marketing group... If you give a sample, are you then required to provide the supplement until the child doesn't need it any longer... (If the family does not have the resources to purchase ongoing and adequate supplies for the development of the infant, then a sample is not sufficient... and we also know that the brand that the clinic provides will influence the family's purchases.)

Regarding the compliance, the clinic must purchase the formula for retail price, that the formula cannot be given to the facility.

Duke provides a lot of free formula and they feel like it is a necessary service. They know the families they serve. They know the wishes of the parents they work with. My suggestion is that we try to support them in other ways.

Perhaps...

1. Have a written breastfeeding-friendly office policy
2. Train staff in breastfeeding support skills
3. Discuss breastfeeding during prenatal visits and at each well-child visit
4. Encourage exclusive breastfeeding for ~6 months
5. Provide appropriate anticipatory guidance that supports the continuation of breastfeeding as long as desired
6. Incorporate breastfeeding observation into routine care
7. Educate families on breast-milk expression and return to work
8. Provide noncommercial breastfeeding educational resources for parents
9. Encourage breastfeeding in the waiting room, but provide private space on request
- ~~10. Eliminate the distribution of free formula~~
11. Train staff to follow telephone triage protocols to address breastfeeding concerns
12. Collaborate with the local hospital or birthing center and obstetric community regarding breastfeeding-friendly care
13. Link with breastfeeding community resources
14. Monitor breastfeeding rates in your practice

From the Summary of [Breastfeeding Supportive Office Practices](#)

We wonder if they have procedures in place to decrease the distribution of free formula and formula samples overtime? Perhaps a ten year plan? Perhaps a goal of decreasing distribution by 10% per year?

Notes from the meeting.

It was lovely to see so many of your faces yesterday and meet many of you for the first time. Here is a brief re-cap of the things we discussed. Please feel free to comment, clarify, or take issue with Breastfeed Durham's take-aways!

Attendees: Love Anderson, Bernadette Greene, Gina Rose (Breastfeed Durham team); Kathleen Anderson (BFFC); Sophie Shaikh, Gaby Maradiaga Panayotti, Mara Early, and Lindsay Self (Duke Peds team).

The discussion focus was on clarifying the WHO Code and how it connects to formula distribution in Duke clinics, Duke Peds formula use, structural barriers for Duke families in meeting breastfeeding goals and obtaining pumps and support for feeding, and possibilities for change.

Currently, Duke clinics provide formula samples to families that need to begin supplementation and/or have barriers to obtaining formula. The current practices are not Code compliant; however, as Duke Health is in process of obtaining the Baby Friendly Hospital designation, folks agreed there *might* be a possibility to begin paying for formula in the near future.

The biggest barriers to providing breastfeeding parents support when needing to supplement in low income family's abilities to obtain double electric pumps. Currently, only certain Medicaid plans offer pumps and as the plans are new, the procedures for acquiring a pump are not well understood. WIC often does not provide pumps so families are left to supplement with formula. This inequity is particularly stark at Duke Rox where there are a greater number of families that use Medicaid insurance.

Breastfeed Durham request Duke to create a three-year plan to reduce formula or so that Duke can afford to pay for the formula out of pocket. It's possible that the process maybe quicker than this depending on the current cost of duke paying for formula rather promoting a specific formula company by connecting families to free formula samples.

As of this morning, I've been informed that Holly Branch is no longer Durham's WIC Director. Breastfeed Durham will investigate who may be an appropriate WIC representative to invite to a meeting in a month to discuss increasing communication and collaboration with WIC and the Duke clinics.

Duke requested a PDF copy of the Breastfeeding friendly healthcare award. See above attachment. We would love your feedback. Particularly, any feedback on a good award name and any parts of the application that feel unclear or could be a sticking point for your clinics.

Our goal will be to focus our efforts to support the Duke Rox location as this location has the most supplementation d/t inequities with pump distribution r/t lack of coverage by Medicaid.

Action items:

- **Breastfeed Durham to set-up meeting with Holly Branch's successor at WIC for mid-November.**
- **Duke team to begin to determine current formula use and costs of providing generic formula at market rate as well as investigate feasibility of acquiring different flange sizes for hand pumps.**

Anything we are missing?

Thanks for a great conversation and I look forward to see folks next month.

Notes from Gaby

Hi all, thanks for including me in this meeting. Appreciate everyone's enthusiasm and commitment. And thanks Gina for great notes!

There are many opportunities for continuing to improve the care we provide to all our newborn families, and to our breastfeeding families. And thanks to all of you at this meeting for partnering with us to re-energize us.

We are in the middle of moving office buildings, then holidays. I also want to acknowledge that we are all still in the middle of a pandemic, and many many providers feeling beyond capacity (I am one of them ☹️). Perhaps step 1 would be to reconvene our breastfeeding committee for duke peds and see the lay of the land?

Thanks everyone
Gaby

Nov 4, 2021

LGBTQ+ Human Milk Feeding @ Thu Nov 4, 2021 11:15 am - 12pm (EDT)

- It was a small meeting - but we got to introduce ourselves to Bernedette & hear several of her great stories.
- We uncovered our website was down - I thought the most accessible work we could do right now is review our local resource list, update any, and (especially considering our new Orange County volunteers) see if there's chapel hill resources we could add.

Amber and Mattea have been slow in organizing our playgroup - considering we're now in "holiday season" I think it best to plan for the new year.

Nov 15, 2021

Meeting attendees. Aubrey, Keya, Gina, Bernadette, Joy

Gina Rose <gina.rose@duke.edu>, Bernadette Greene <bernadette@breastfeedingcommunities.org>, Aubrey Delaney <aubrey.delaney@gmail.com>, sbreverd@dconc.gov, Joy Spencer <joy@equitybeforebirth.com>

- Aubrey's gonna work on social media and we're going to meet again in three weeks.
- Email Aubrey social media ideas.
- Keya is going to deliver clings to the new Breastfeeding Friendly businesses.
- Funding from the health department runs out at the end of May.

- Needs to send the address of the newest Breastfeeding Family Friendly Businesses to Keya and send information about promotion to Aubrey.
- Collaborate with Joy regarding grants.
- Accomplishment! The health department Breastfeeding policy has been put in place.
 - Can we get a copy
- Goals to implement a countywide Breastfeeding policy
- Move the mamava pod to a better location (more of a wish been a goal)
- Share advocacy opportunities with Joy Spencer.
- What are the names of the grants that Joy recommended?
- Bernadette and Love are going to start putting together a list of financial requests coordinated with the 10 steps.
- Gina is going to work on setting up a meeting with WIC
 - Alma Daniel <alma.daniel@duke.edu>, Murriel Fozard <murriel.fozard@duke.edu>

Dec 6, 2021

- Review the Duke Children's Health and Discovery Initiative is funding projects for its Child Health Equity Program
- Do we want to put together a community event without the \$2000 funding?
 - Applied for funding already
 - [Ready Project](#)
- Discuss on working work Durham County Policies:
 - Aubrey was still in the process of writing/tweaking it and was trying to meet with Cate Elandar for months to talk about it, as we were going to explore folding it into a bigger family-friendly policy that would include things like kid-friendly spaces in government buildings. Aubrey was told that she needed to get the health department to pass a policy first, and that happened in July officially, and I'd contacted some people at HR to see what needed to happen to move a county-wide policy forward, but hadn't gotten anywhere yet.
 - The one that Breastfeed Durham submitted a while ago needs to be edited significantly to look more like the other County policies, but it's a good starting point and definitely helpful. The health department one could simply be expanded to encompass all County offices/spaces, but it needs to address the lack of spaces for breastfeeding/pumping for employees. Not all employees work in offices, much less ones with dedicated lactation spaces, so that needs to be addressed.
- Continue to email Aubrey social media ideas.
- Note:
 - Keya did deliver clings to the new Breastfeeding Friendly businesses.
 - Funding from the health department runs out at the end of May? Yes
 - Bernadette and Love have started putting together a list of financial requests coordinated with the 10 steps.
- Is moving the mamava pod to a better location more of a wish or a goal? NO
- Any updates: Gina is going to work on setting up a meeting with WIC

- Alma Daniel <alma.daniel@duke.edu>, Murriel Fozard <murriel.fozard@duke.edu>
- Set up a [schedule for the year](#).
- Breastfeed Durham LGBTQ+ Committee meeting - POSTPONED until January
 - Amber Me & Mattea will confirm date + place for our monthly LGBTQ+ family meetup.
 - Review our local resource lists and ask our networks if we're missing anyone (especially considering orange county) - or update any listings that may have changed in the past year of pandemic living. <https://breastfeeddurham.org/equity/lgbtq-human-milk-feeding/local-lgbtq/>

Ready Project

- [Ready Project](#) Contract with our project for up to \$2,000 to provide one or more parent training events (workshop /seminar/ series) between January and August 2022. The parent training(s) need to build the knowledge or capacity of parents* to support their young children's social emotional health. We would want you to reach a minimum of 30 parents of Durham children under age 9, and would count on you to recruit and engage those parents through your existing networks. From Katharine Cannon <katharine.cannon@duke.edu>
 - Breastfeed Durham would love to apply for the \$2000 project. We're still brainstorming ideas and will have a meeting late Monday afternoon. Can we give you a finalized write up next week? Do you have any more details?
 - Here are some of our current ideas. We are thinking about an outdoor breastfeeding family friendly community health fair. Music, vendors. We definitely would want to have a photographer. Vendors: fairy hair, baby wearing, specialty beauty items, nursing shirts, and so much more. We would want to have a Rock and Rest area.
 - We could ask Durham LLL, all the peer to peer lactation support groups in the area to host 30 minute sessions on a multitude of topics: How to cope with a new baby in the house (how to find time to go to the bathroom by yourself), postpartum depression, possible depression that can come along with weaning, managing the breastfeeding toddler, managing the spirited a child, how to maintain intimacy with your partner, what it's like to NOT be the milky parent (something for Dads and something for same sex parents), something in Spanish, breastfeeding and grandparents, etc.
 - "While the nutritional and physical health benefits of breastfeeding are well established, accumulating research demonstrates the far-reaching psychological effects of breastfeeding on children and their [parents. This paper] provide[s] a non-exhaustive review of the empirical evidence, showing that breastfeeding impacts children's brain, cognitive, and socio-emotional development (1)."

Dec 13, 2021

December: Review and self-evaluation

[Schedule for 2022 year.](#)