

# Breastfeeding Coalition

## Mission Statement

The Healthy Kent 2010 Breastfeeding Coalition exists to improve the health and well being of infants and families through education, outreach and advocacy to promote and support breastfeeding and the use of human milk.

**Minutes of Meeting: July 27, 2015 11:30am-1:00pm**

**Kent County Healthy Department**  
Lake Huron Conference Room  
Basement Level

## Attendees:

**Megan VanKooten** (Welcome Home Baby), **Kelli Damstra** (GVSU), **Annie Jones** (Metro Health Hospital), **Lauren Valentine** (breastfeeding mom/community advocate), **Sarah MacDonald** (Spectrum Health – Fetal Infant Mortality Review), **Lindsay Schmiedeknecht** (MSU CHM), **Valeria Guzman** (Strong Beginnings), **Mirial Smith** (La Leche League), **Jenny Weldy** (Spectrum Health), **Lois Ditmar** (KCHD), **Barb Hawkins Palmer** (HK KCHD)

## Agenda

- I. Welcome & Introductions: completed
- II. Approval of June 2015 meeting minutes: Motion: Annie Jones, Second: Lauren Valentine
- III. Sarah MacDonald – Kent County Fetal Infant Mortality Review (FIMR)
  - a. Several points were reviewed. SIDS statistic graph attached to the minutes on HKBC website.
    - a. Infant deaths are sent to medical examiner as SUIDS (Sudden Unexpected Infant Death)
    - b. In the month of June 2015, there was an infant death every other day in Michigan due to SIDS
    - c. 6 infant deaths due to SIDS have occurred in Kent County thus far in 2015
    - d. SIDS infant deaths occur with both formula and breastfed babies. Culprits are: sleep bed sharing #1, falling asleep while nursing in bed, sofa/recliner sleep sharing
    - e. It's difficult to sift down elements involved in each incidence to determine a "safe" way to cosleep/bedshare/"breastsleep". So the continued recommendation is NO cosleeping/bedsharing.
    - f. HKBF & FIMR encourage and support breastfeeding, even breastfeeding in bed, but DO NOT fall asleep or sleep share the bed, sofa, recliner, etc. Always be aware of your baby while breastfeeding.
    - g. Discussion about the AAP (American Academy of Pediatrics) and their guidelines on how to approve recommendations. Sarah says it is a stringent process with subcommittees of experts that make up the approval process for approval of guidelines and recommendations.
    - h. There is great importance of teaching normal newborn sleep patterns, especially for breastfed babies. Babies should be *expected* to wake 2-3 times, sometimes more, during the night to feed. Babies who do not "sleep through the night" are NOT "bad" babies. THEY ARE NORMAL! This "good baby vs. bad baby" idea

needs to be rejected and corrected. Every baby, like every person, sleeps differently and has unique feeding needs throughout the night and day.

- i. Tomorrow's Child is the #1 resource for safe sleep recommendations and resources. Their ABCs of safe sleep are **A**lone, **B**ack, **C**rib empty.
- j. Safe Sleep Coalitions are another great resource.

#### IV. Committee Reports

##### a. Advocacy/Media (Annie Evans)

- a. Barb Hawkins Palmer did an interview with Take 5 regarding HUGS program. Christine Stangle, one of the HUGS program moms, was also featured.

##### b. Education (Bonita)

- a. HUGS Group – Location has been secured! City Life Church on S. Division in Grand Rapids. *SEE FLYER ATTACHED TO THESE MINUTES ON THE HKBC WEBSITE for more information.*
- b. "Yes We Do" Luncheon: Monday, August 24 from 11:30am-1:30pm. This will be a special *"Yes We Do" luncheon in partnership with the H.U.G.S. Breastfeeding Support Group* in honor of Black Breastfeeding Week. *Registration is Required as Space is Limited.* HKBC & Strong Beginnings will be hosting and the event is open to community members. Box lunches, a lovely cake, and childcare will be provided. There will also be fun giveaways!

##### c. Events (Lauren)

- a. Ordering more "Keep Calm & Latch On" shirts. Looking to order some men's shirts as well.
- b. Will be sending out Labor Day parade info & sign up email.

##### d. More upcoming events:

- a. Sept 12 – Baby Buggy Walk at Garfield Park 11a-1p. Family, Fitness, and Fun.
- b. Sept 13 – Skate for Safe Sleep at Kentwood Fun Spot 2-5pm. \$6 admission. Proceeds go to purchase of Pack n Plays that are provided to eligible parents through community resource programs.
- c. Sept 15 – Safe Sleep Forum in Livonia, MI
- d. Sept. 22 - Death Scene Investigation for First Responders – Crown Plaza. Must register.
- e. Sept 29 – Super DADS (**D**ads **A**gainst **D**angerous **S**leep) Safe Sleep event targeting dads. Location TBD.

#### V. August: World Breastfeeding Month

- a. "If I Could I Would" Billboards – Outfront Media formerly CBS Outdoors gave OK to post billboards on an as-available basis for the month of August, possibly beyond. They are giving us a significant discount! THANK YOU! The billboards will be \$100/billboard. We are shooting for 10-15 billboards. The billboards will feature fabulous images from Hector Cruz's project "If I Could, I Would."
  1. Looking for community supporters to cover the cost of billboards. A thank you acknowledgement to sponsors/supporters will be on the HKBC website. Notify Barb Hawkins Palmer through KCHD if you have interest in sponsoring a billboard.
- b. Latch On: August 1 – Stonycreek Elementary School in Comstock Park.  
9am Free pancake breakfast  
10:30am Latch on  
Mom2Mom sale canceled  
1pm Close
- c. WGVU Kids Day at the Zoo Kent County: August 7 –  
\$2/person

Volunteers needed to cover 2 hour time slots from 9am-4pm. Bring a chair.

Selling "Keep Calm & Latch On" tshirts

- d. **Golf Outing – Michigan Breastfeeding Network: August 7** – – Fenton Oaks – ½ proceeds of each team goes back to the organization they claim. Great fundraiser opportunity. See HKBC website for more details:  
<http://healthykentbreastfeeding.ning.com/events/michigan-breastfeeding-network-golf-outing>
- e. **August meeting: Monday August 24** "Yes We Do" Luncheon

**VI. Member Sharing.**

**VII. Adjourned at 1:25pm**

**Next Meeting: [Monday August 24 from 11:30am-1:30pm](#)** at the Kent County Health Department, Lake Rooms (basement level). Lunch will be provided.

**Minutes recorded by: Annie Jones, HKBC secretary**