

Kittitas County Breastfeeding Coalition

KCBC MEETING MINUTES

July 19, 2017

Welcome & Introductions: Tristen Lamb, KCPHD; Moni Madjdi, LLL/Anahita Birth Services; Rozsika Steele, KVH; Gloria Wright, Nurturing Naturally; Tishra Beeson, CWU; Stacey Botten, KVH; Michelle Arellano, WIC; April Haugen, Sky Valley Midwifery; Kristi Whitesitt, Bright Beginnings for Kittitas County.

Member Updates

Tristen Lamb, Kittitas County Public Health Department:

- There are Car Seats / Booster Seats available (for free) for families in need. Contact Kasey Knutson for more information (509-962-7515).
- Tristen asked the group if people are available for the 10/7/17 Farmers Market, because she will be unavailable. Stacey and Gloria are available.
- Tristen has a scheduling conflict during the next KCBC meeting (she will be attending a Food Waste Reduction Workshop in Union Gap). She has asked to move August's meeting to the 23rd.
- Tristen shared the summer meals program information with the group. There are no income eligibility requirements for children (18 & under) to be served lunch at the park. Lunch is held at every listed park, each day. The program is still looking for volunteers in August.

April Haugen, Sky Valley Midwifery:

- April is kick starting a new group for moms, with a focus on supporting postpartum mood disorders and birth trauma. These meetings will be held on the 4th Tuesday of every month and will be called "Mama Drama."
- April also asked the group if they were aware of any medical providers in town that do lip or tongue tie clips. Coalition members recommended Dr. Walters at Family Health Care of Ellensburg (who does tongue ties but maybe not lip ties) and Dr. Neal Smith from Central Washington Pediatric Dentistry.

Stacey Botten, Kittitas Valley Healthcare Family Birthing Center:

- Stacey and Rozsika are sorting out all of the logistical details of the new Lactation Assistance position, such as when and how much reimbursement is appropriate.

Rozsika Steele, Kittitas Valley Healthcare Family Birthing Center:

- In her new role as KVH's Lactation Assistant, Rozsika wants to make rounds with prenatal care clinics. Ideally, she would start meeting with new moms around 30 weeks.
- She was a new space for private visits with moms, outside of the Family Birthing Center. No office hours as of yet, as details are still being hammered out, but Rozsika did invite coalition members to come check out the space.
- Rozsika will start leading the breastfeeding portion of KVH's Birthing Classes.

Tishra, Central Washington University:

- Tishra announced that right now is a good time to brainstorm ideas for student involvement. Students are very motivated Fall quarter!

Michelle, Women, Infants & Children:

- Farmers Market checks are still available and meeting WIC clients at the market has been fun.
- WIC staff has some upcoming breastfeeding trainings in July and September. At a more in-depth training, the trainer will cover the topic of lip and tongue ties.

Kristi, Bright Beginnings for Kittitas County:

- Kristi is about to leave for vacation, so she reached out to Lewiston’s Le Leche League to see if they had a meeting time that matched her travel schedule. The meeting didn’t line up, but she has asked the group how they target toddler breastfeeding support, encouragement, and advocacy.

Gloria, Nurturing Naturally:

- There were 20 attendees at this month’s Nurturing Naturally meeting!
- Gloria volunteered at the coalition’s farmers market booth last weekend and reported that several moms and babies used the baby feeding station.

Moni, Le Leche League & Anahita Birth Services:

- In October, Moni is going to Idaho for a week to attend Healthy Children’s CLC (Certified Lactation Counselor) course and obtain that certificate.
- For additional volunteer hours, April invited Moni to attend post-partum appointments with her and her clients.

Baby Feeding Stations Sign Ups – Fair 2017

BABY FEEDING STATION AT THE FAIR – ARMORY			
<i>When checking the station, please make sure to wipe down surfaces, pick up litter, empty garbage and recycling if needed, and replenish ice and water. If you need anything, call Tristen at 360-461-6959.</i>			
DAY	10am-2pm	2pm-6pm	6pm – Close
Wednesday August 30th	×	Tristen & Liz & Stacey	×
Thursday August 31st	Gloria	Kristi	Kristi
Friday September 1st	Maggie		Moni
Saturday September 2nd	Maggie		Moni
Sunday September 3rd	Tristen	Tristen/Kristi	
Monday September 4th		Moni	×
Tuesday September 5th	Tristen & Liz	×	×

Retreat Scheduling: Please everyone take this survey before the end of the month! If you need a paper copy, let Tristen know:

<https://www.surveymonkey.com/r/WBQ8LWF>

World Breastfeeding Week (10 min)

- Both Markets – Baby Feeding Stations ✓
 - Tristen has yet to hear back from Roslyn Farmers Market after submitting a vendor request. She will follow up.
- Daily Record “Health Watch” Article ✓ Theme Suggestions?
 - Last year, Tristen wrote on Breastfeeding Rights and Laws.
 - Gloria suggested including local resources.
- LLL Photoshoot?
 - Probably not this year. Moni will notify everyone if something comes together.
- Milk Drive Partnership?
 - Tristen shared the flyers/promos that were sent her way.
 - The Wenatchee Breastfeeding Coalition reached out about partnering on the “Milk Drive,” but we are unsure of the storage and transport logistics. Although, we can definitely help with promotion.
 - Moni will take lead if any donation milk comes our way.

Baby Café – Moni Madjdi

Moni is proposing a Baby Café as a KCBC project, which she would lead. Baby Café models are mostly in Great Britain, but they have been popping up all over the US lately. Baby Cafes are run like a “drop-in” meeting or gathering, but the idea is that it’s staffed with breastfeeding support professionals. Because it is staffed by professionals (lactation professionals who can give one-on-one support), it’s like an informal drop-in clinic. This is ideal as a breastfeeding coalition project because it’s run by volunteers. Moms can drop by, find a place to sit and nurse for a couple of hours, and talk to their friends. But the Baby Café is especially useful if you’re encountering an issue. It is important to have both home visit options and “drop-in” locations in a community.

What Moni needs the most assistance with at this time is to identify a location (or locations), with a central location being the most ideal. Timing of the Baby Café is flexible. Moni’s goal is to hold a Baby Café once a week in Ellensburg and once a week in Cle Elum/Roslyn. For the best time, Moni would like to crowd source to provide the best options: Morning? Afternoon? Weekend? Evenings?

Baby Café is trademarked and certified. Official Baby Cafés must pay to get certified. But there are benefits to paying into this program (like training of Baby Café volunteers). However, certified Baby Cafés requires CLC and/or IBCLC on site. If the Kittitas County Baby Café is successful, there is an option to apply for grants for sustainable funding. At the Kittitas County Baby Café, Moni would be present and staffing at all advertised times.

Q&A re: Baby Café Project:

- Permanent or rotating space?
 - Unsure at this time what would be the best option
 - Some suggested spaces included Hal Holmes/WIC / April's location. Other entities may be interested in sponsoring, like Catalyst and the Chamber of Commerce.
 - Evenings at KVH could be available. Having a location on campus would be great for student mothers as well. Other suggestions for upper county included Basecamp Books & Bites and the Red Bird Café.
 - Cafes? Libraries? Need a place where older children would be suggested.
 - Food and snack donations would be sought.
- Time suggestions? 9am-12pm? 1pm-3pm is nap time for a lot of kiddos.
 - Or maybe a variety of times, to also accommodate working moms.
 - Alternate times on alternate weeks? For example, 2 weeks a month are at night, two are in the morning.
- It would be very helpful to have a "Child Minder" on staff to keep an eye on older kids – Intern? Student?
- A survey/poll in the local Facebook groups would be handy.
 - Potential times, places, etc.
- Moni would love to have this up and running by October.

Next meeting: Reschedule to August 23rd (instead of August 16th)? @ KCPHD Conference Room