

Meeting Agenda
Local agency Breastfeeding Coordinators Meeting
Meriden Health Department – Teen Room
Friday, October 16, 2015
12:30-3:30 PM

Time	Topic	Actions/Outcome	Lead
12:30-12:35	Welcome/Introductions/Attendance		ML, PB
12:35-12:45	“Relaxation” Session	Tamara will use a meditation technique to help center ourselves	Tamara Carey
12:45-1:15	Circle of Connectivity	Tips on maintaining yourself in an intense work environment while keeping the following questions on our minds: <ul style="list-style-type: none"> • How do we address “burnout”? • How do we let go of perceived failures? • “What could I have done differently? • How do we keep moms engaged? • Look at situations in a different way to avoid losing heart, but continue to be empathetic 	Kayla Sanzo
1:15-1:45	Updates <ul style="list-style-type: none"> • Breastfeeding supplies 	<ul style="list-style-type: none"> • Breast pumps - WIC Harmony Manual One-Handed Pump • Breast pumps – WIC Personal Double Pump Advanced (Two-Phase) • Breast flanges – small, medium, large, x-large and xx-large sizes • Nursing pads • Books – “We Like to Nurse Too” by Hohm Press • Baby goo roo –“A Parent’s Guide” – guide for local agency reference, “Your Guide to a healthy, happy baby” – pocket guide, “Ready, Set, Go!” – card deck and ring 	ML, PB

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	<p>Discussion</p> <ul style="list-style-type: none"> • DME Providers • CLC vs. IBCLC 	<ul style="list-style-type: none"> • Discussion on referrals made to DME Providers for breast pumps • Discussion on the difference between CLC and IBCLC <ul style="list-style-type: none"> ➤ Identify scenarios on when either CLC or IBCLC would be appropriate in a WIC setting 	<p>ML, PB</p> <p>ML</p>
1:45-3:10	2015-2016 Tasks: Sub-committee break-out session	<p>Identify groups and begin drafting documents for the following tasks:</p> <ul style="list-style-type: none"> • Breastfeeding content sheet on jaundice • Breastfeeding content sheet on depression • Breastfeeding content sheet on emergency preparedness 	All
3:10-3:20	World Breastfeeding Week	Success stories discussed	All
3:20-3:30	Wrap Up and Future Meetings		ML/All

For future meeting discussions	<p>Overarching State/National projects impacting WIC breastfeeding services</p> <ul style="list-style-type: none"> ✓ WIC Breastfeeding Competencies for all staff (ReNEW 2.0) 		Group
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	<ul style="list-style-type: none"> ✓ WIC Breastfeeding Delineation Tool (Peer Counseling) ✓ CT Breastfeeding Promotion and Support Guidelines/ FNS Nutrition Services Standards ✓ NWA Breastfeeding Resources <ul style="list-style-type: none"> ▪ Strategic Plan ▪ 6 Steps Goals/Checklists 		
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2016 Meeting Dates:

Friday, January 22, 2016 – Meriden Health Department, Stoddard Room, 2nd Floor

****March 18, 2016, 12:30-2:00pm – Conference call**

Thursday, July 14, 2016 – Meriden Health Department, Teen Room, 2nd Floor

Friday, October 21, 2016 – Meriden Health Department, Teen Room, 2nd Floor