

“Lactation Seminar”

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On June 30, 2014, the Roaring Fork Valley Breastfeeding Taskforce held a Professional’s Lactation Seminar presented by Laurel Wilson, BS, IBCLC, at Valley View Hospital. Two main focal points were presented how baby friendly practices and breastfeeding exclusivity change long-term outcomes, and promoting evidence-based practice supporting breastfeeding.

As a breastfeeding taskforce, we felt there was a need in our community to have a consistent and supportive message when it comes to breastfeeding. Our target audience invited to attend the seminar were any provider/physician/health educator working with breastfeeding mothers in our community. We also wanted to promote and strengthen awareness of the many breastfeeding resources already available in our community by providing a poster all attendees could see.

This grant gave our WIC Program an opportunity to work in collaboration with many other agencies in our community to promote breastfeeding and share information about our local breastfeeding resources.

Lactation Seminar In Garfield County

Introduction

Community Need:

As a breastfeeding coalition we felt there was a need in our community to have a consistent and supportive message regarding breastfeeding. Since our local hospitals Valley View Hospital and Aspen Valley Hospital are both on the pathway of becoming Baby Friendly we brought a speaker to do a lactation seminar for our community.

Topics presented are as follows:



Project Goals

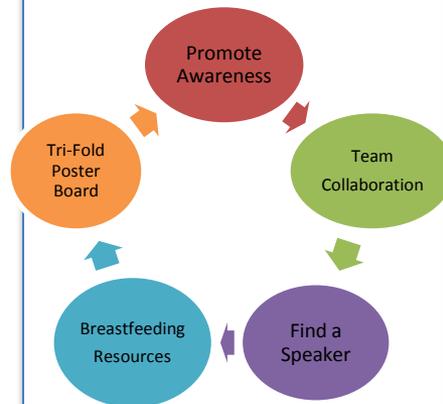
Our desired outcome was to promote and strengthen awareness of the many breastfeeding resources available in our community and to have the same consistent breastfeeding message. We used a Tri-Fold poster board to create a table display with all the breastfeeding resources and services available in our community.

Method

Target Audience

Our target audience was community health care providers, health educators, teen-mom alternate school programs and anyone working with pregnant mothers. The hope was to have at least one health care provider from all towns in Garfield County attend. We had a good representation from the valley, physicians, RN's, and health educators.

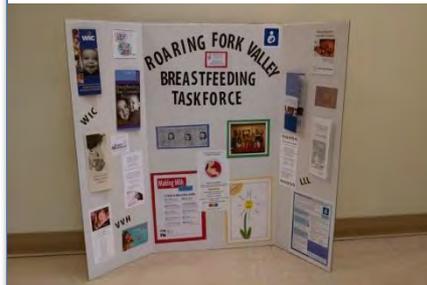
Project Activities



Results

Comments from our attendees:

- Liked the overview of reinforcing the medical benefits of breastfeeding.
- The study of the cardiac wave.
- Learned what formula does to the gut-great class!
- The importance of exclusive breastfeeding for at least 6 months to 1 year if possible.
- So many things!! Especially the physical changes that happen in the gut with breast milk and formula. Thank you. This has been extremely educational and inspiring.
- Thankful for the new ideas for encouraging our clients to be more successful.
- Skin to skin benefits, laid back nursing is relaxing for mom, great!
- Importance of the first 72 hours.



Here's the Tri-Fold Poster Board we put together.

Making Memories



The Roaring Fork Valley Breastfeeding Coalition

The Lactation Seminar would have not been possible without the collaboration from the Roaring Fork Valley Breastfeeding Coalition. My main partnership was with Kim Martin from Valley View Hospital, they provided the venue and a free lunch for this event.

The Roaring Fork Valley Breastfeeding Coalition include:
Garfield County Public Health
Valley View Hospital- Family Birthplace
Family Visitor Program
La Leche League
Aspen Valley Hospital

What's Next?

After the speaker presentation:

- Gave updates to our County Commissioners regarding our breastfeeding coalition, where I took this opportunity to share with them the great collaboration in bringing a lactation seminar to our valley.
- Also, starting dialogue regarding promoting workplace wellness through breastfeeding support in Garfield County.
- Letting local establishments know that if they are not accommodating nursing mothers and would like to comply with the law our breastfeeding coalition is here to help with ideas.