



IT TAKES A VILLAGE:
A COMMUNITY HEALTH WORKER'S ROLE IN
SUPPORTING, PROMOTING, AND
PROTECTING BREASTFEEDING

Washington State Department of Health

April 12, 2018

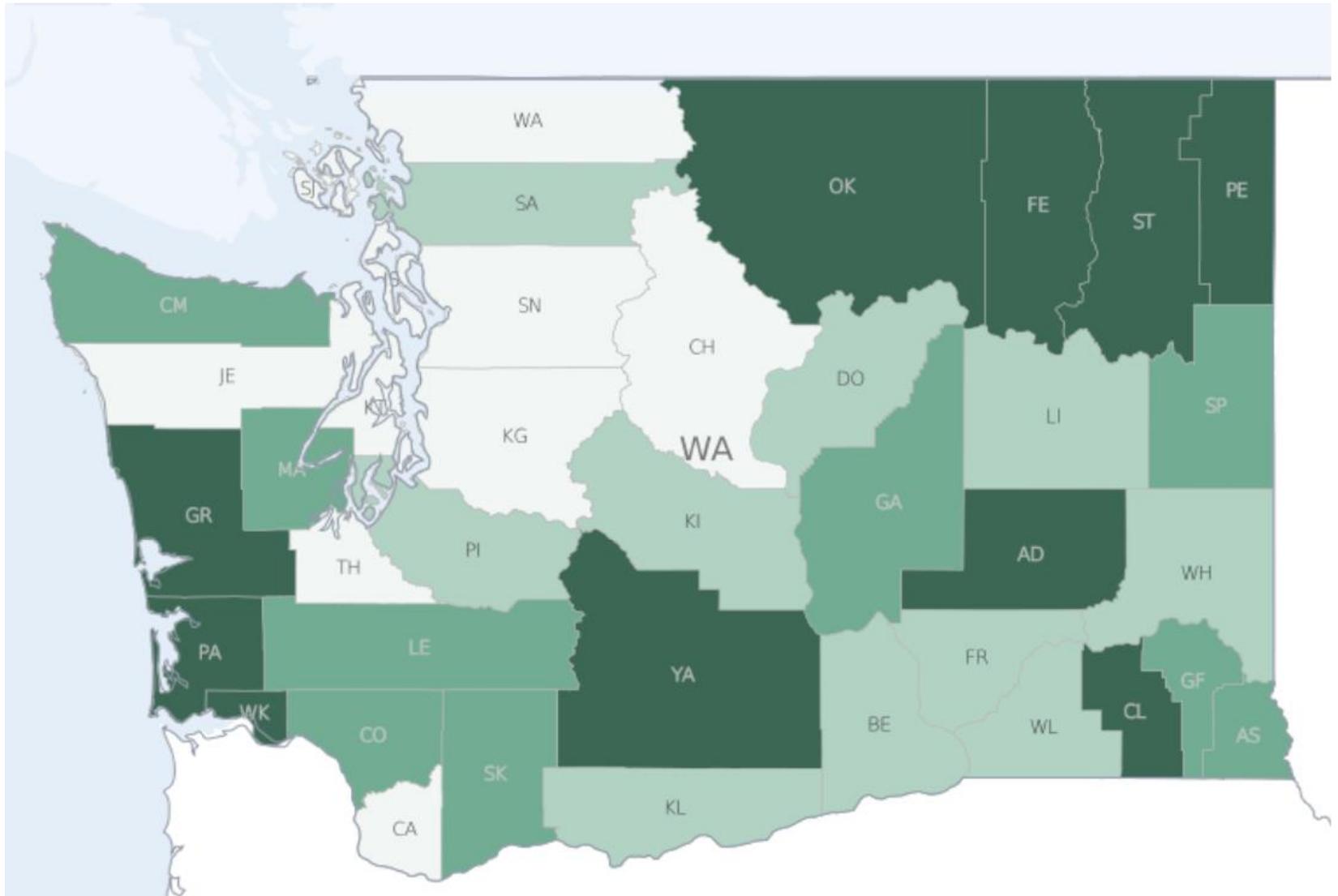
Taking a Closer Look

Each county has different health factors and outcomes that shape the breastfeeding success of the population.

This matters!

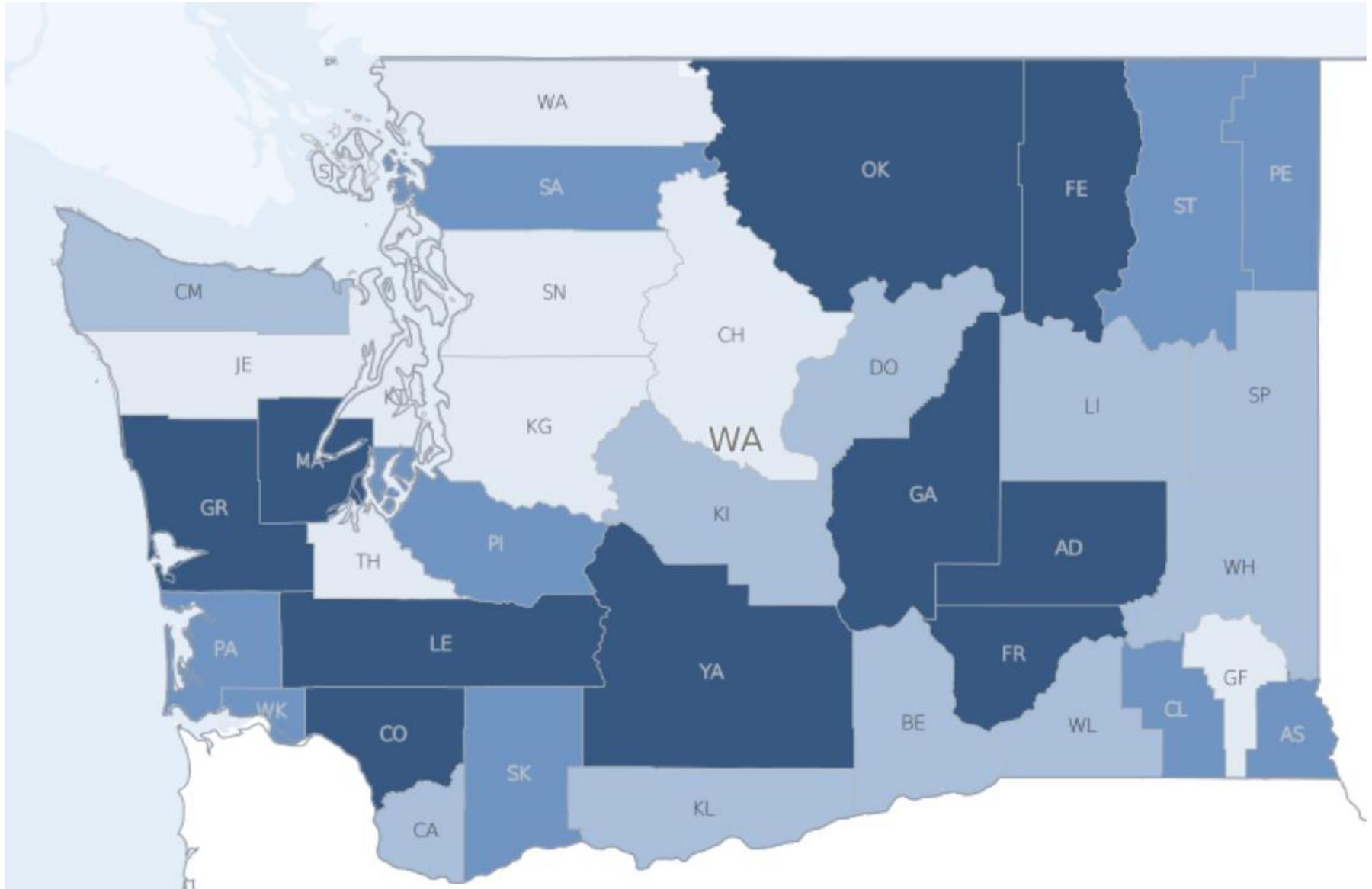


Overall Rankings in Health Outcomes



RANK 1 - 10 11 - 20 21 - 29 30 - 39 NOT RANKED (NR)

Overall Rankings in Health Factors



RANK 1 - 10 11 - 20 21 - 29 30 - 39 NOT RANKED (NR)

Breastfeeding is Good for the Baby and Mother



Community Health Worker's Role in Breastfeeding Support

Provide Individual Support

- Listen!
- Support and affirm mothers who are breastfeeding or thinking about breastfeeding.
- Help mothers overcome barriers to achieving their goals.
 - Answer basic breastfeeding questions/concerns or guide them to resources.
 - Know breastfeeding support in your community or where to find support.
 - Help moms create a support network.



Image courtesy of WIC Works USDA

Community Health Worker's Role in Breastfeeding Support

Advocate Community Support

- Normalize breastfeeding in your community.
- Advocate for mothers right to feed: anywhere and everywhere.
 - Laws protect mothers right to feed.
 - In addition to laws, moms want to know that those around them support their feeding choices.
 - Support moms and support businesses that support moms!
- Advocate for employer support of breastfeeding:
 - FSLA laws protect most workers, specifically hourly workers, right to pump/feed.
 - Worksite lactation support is good for employers too!



Individual Support - Common Barriers

- Concerns about milk supply.
- Concerns about babies growth.
- Pain when nursing.
- Community norms surrounding formula / formula supplementation.
- Social barriers”
 - Lack of family/partner support.
 - Lack of community support.
 - Barriers encountered returning to work/school.



Image courtesy of WIC Works USDA

Resources for Clients

Women, Infants and Children (WIC).

Home-visiting Programs Supporting Prenatal women and babies:

Hospital Lactation Clinics

Web resources for breastfeeding questions

Washington 2-1-1

Local Support Groups

You don't need to be a breastfeeding expert to provide great resources for your client!

Women Infant and Children (WIC) Program

- WIC is a nutrition program for pregnant women, new and breastfeeding moms, and children under five.
- Dad, grandparents, and other caregivers of children under the age of five may also sign kids up for WIC.
- Foster children under age five and foster teens who are pregnant are eligible for WIC.
- If you or your family member are on Medicaid, Temporary Assistance for Needy Families (TANF), or Basic Food you may be eligible for WIC too.
- Many working and military families are eligible for WIC.

Number of people in household*	Maximum annual income to qualify	Maximum monthly income to qualify
2	\$30,044	\$2,504
3	\$37,777	\$3,149
4	\$45,510	\$3,793
5	\$53,243	\$4,437
6	\$60,976	\$5,082
7	\$68,709	\$5,726

*If you are pregnant, include each unborn child in household size

Apply for WIC in Two Easy Steps

Step 1: Find a WIC Clinic

- Use the ParentHelp123 Resource Finder
- Call the Family Health Hotline at **1-800-322-2588**

Step 2: Call and Make an Appointment

- Friendly WIC staff will help you schedule an appointment and will answer your questions.
- Your first appointment will take about 30-45 minutes and you'll get your checks that day.

Home Visiting Programs

- Early Head Start
- Family Spirit
- Nurse Family Partnership
- Parents as Teachers
- Parent-Child Home Program



Hospital Lactation Support

- Call local birthing hospital and ask what lactation services they offer.
- MultiCare Virtual Lactation Support:
 - Virtual lactation support consultations without a referral.
 - Call 844-388-2356 to set up account; tell operator your client is setting up account for Virtual Lactation Services.
 - Call 253-403-1681 to schedule appointment; Monday through Friday from 8am to 4:30pm, closed on holidays.
 - Client doesn't need to have delivered at MultiCare.



Image courtesy of WIC Works USDA

Breastfeeding, Medications and Drugs



LactMed
A TOXNET DATABASE

Drugs and Lactation Database (LactMed)



U.S. National
Library of Medicine

TOXNET TOXICOLOGY
DATA NETWORK

SEARCH LACTMED

BROWSE LACTMED

ADVANCED SEARCH

e.g. sertraline, SSRIs

Search

Search Term

Records with

Include Synonyms and CAS
Numbers in Search

Use motivational interviewing skills to meet the needs of your clients:

- Avoid telling, directing, or convincing them to the right path to good health.
- Seek to understand their values, needs, abilities, motivations and potential barriers to changing behaviors.
- Listen with empathy.
- Empower them. Identify ways you can support them, provide resources, and coordinate care to help overcome their barriers

[Search Details](#) | [History](#)[« Previous Record](#) | [Next Record »](#)**LACTMED: CANNABIS** CASRN: 8063-14-7 This record appears in multiple databases.View record in another database:

TABLE OF CONTENTS

 [Expand all](#)
[Collapse all](#) [Closest Match to Search Terms](#) [Full Record](#) [Drug Levels and Effects](#) [Substance Identification](#) [Administrative Information](#) 

CLICK TO HIDE

Cannabis

CASRN: 8063-14-7

FULL RECORD DISPLAY

*Displays all fields in the record.**For other data, click on the Table of Contents*

Drug Levels and Effects:

Summary of Use during Lactation:

Although published data are limited, it appears that active components of **marijuana** such as tetrahydrocannabinol (THC) are excreted into breastmilk in small quantities. Data are from random breastmilk screening rather than controlled studies because of ethical considerations in administering **marijuana** to nursing mothers. Concern has been expressed regarding **marijuana**'s possible effects on neurotransmitters, nervous system development and endocannabinoid-related functions.[1][2] One long-term study found that daily or near daily use might retard the breastfed infant's motor development, but not growth or intellectual development.[3] This and another study[4] found that occasional maternal **marijuana** use during breastfeeding did not have any discernable effects on breastfed infants, but the studies were inadequate to rule out all long-term harm. Although **marijuana** can affect serum prolactin

Womenshealth.gov

Office on Women's Health, U.S. Department of Health and Human Services

En Español

Call the OWH HELPLINE: **800-994-9662**

9 a.m. – 6 p.m. ET, Monday – Friday

Making the decision



- ▶ Health benefits for your baby
- ▶ Health benefits for you

[View more](#)

Learning to breastfeed



- ▶ Breastfeeding holds
- ▶ Getting a good latch

[View more](#)

At home, at work, in public



- ▶ Going back to work
- ▶ Weaning your baby

[View more](#)

Breastfeeding challenges



- ▶ Breastfeeding a baby with a health problem
- ▶ Common breastfeeding challenges

Pumping and storing breastmilk



[View more](#)

Breastfeeding resources



[View more](#)

Find a Lactation Consultant

- Some families may need an International Board Certified Lactation Consultant.



SEARCH BY LOCATION

Location

Radius Miles

SEARCH BY NAME

First Name

Last Name

Company Name

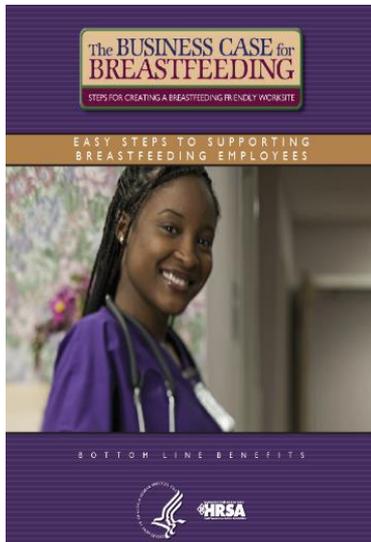
Email Address

I WOULD LIKE AN IBCLC THAT WORKS IN...

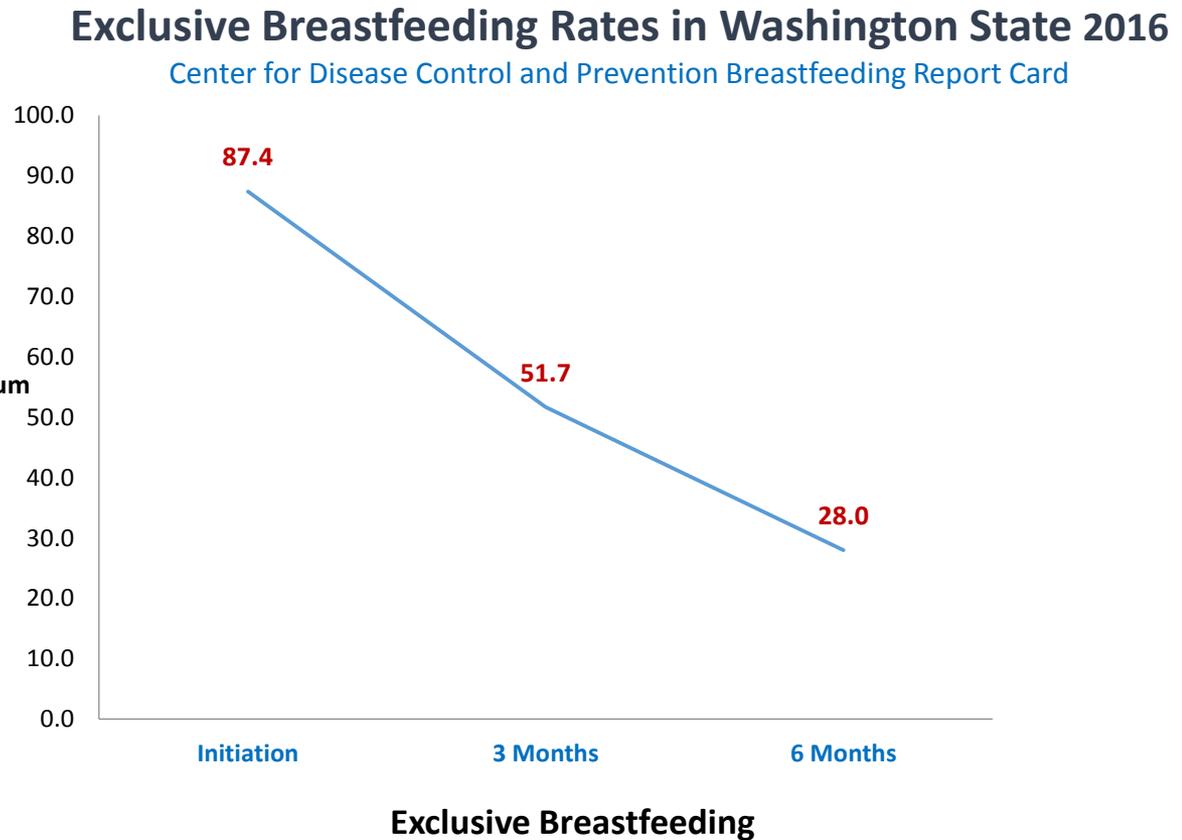
<input type="checkbox"/> Clinic/Birthing Center/Wards	<input type="checkbox"/> Government/Military	<input type="checkbox"/> Physician's Office
<input type="checkbox"/> Community/Public Health/WIC	<input type="checkbox"/> Home Visits	<input type="checkbox"/> Physician's Office
<input type="checkbox"/> Corporate Lactation Programs	<input type="checkbox"/> Hospital	<input type="checkbox"/> Private Practice
<input type="checkbox"/> Education Department	<input type="checkbox"/> Milk Banking	<input type="checkbox"/> Volunteer Support

When a Client Goes Back to Work

Going back to work is one of the biggest barriers families face in order to keep breastfeeding.



Percent of Postpartum Mothers (%)



Helping a Client Get a Breast Pump

- What breastfeeding-related benefits does my plan offer?
- Do I need a prescription from my doctor for my pump?
- Can I request or buy the pump before my baby is born?
- What types of pumps are covered?
 - Can I get a specific brand of pump?
- Do I need to buy or rent my breast pump from a certain supplier (i.e., a specific pharmacy, retailer, or medical supply company)?
 - How will I purchase this pump? (i.e. out of pocket with reimbursement)
- Is rental of an electric pump covered?

The answers will determine the next steps with your client

Federal Laws for Breastfeeding Employees Returning to Work

U.S. Department of Labor
Wage and Hour Division



Fact Sheet #73: Break Time for Nursing Mothers under the FLSA

This fact sheet provides general information on the break time requirement for nursing mothers in the Patient Protection and Affordable Care Act ("PPACA"), which took effect when the PPACA was signed into law on March 23, 2010 (P.L. 111-148). This law amended Section 7 of the Fair Labor Standards Act (FLSA).

General Requirements

Employers are required to provide "reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child's birth each time such employee has need to express the milk." Employers are also required to provide "a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk."

The FLSA requirement of break time for nursing mothers to express breast milk does not preempt State laws that provide greater protections to employees (for example, providing compensated break time, providing break time for exempt employees, or providing break time beyond 1 year after the child's birth).

Time and Location of Breaks

Employers are required to provide a reasonable amount of break time to express milk as frequently as needed by the nursing mother. The frequency of breaks needed to express milk as well as the duration of each break will likely vary.

A bathroom, even if private, is not a permissible location under the Act. The location provided must be functional as a space for expressing breast milk. If the space is not dedicated to the nursing mother's use, it must be available when needed in order to meet the statutory requirement. A space temporarily created or converted into a space for expressing milk or made available when needed by the nursing mother is sufficient provided that the space is shielded from view, and free from any intrusion from co-workers and the public.

Coverage and Compensation

Only employees who are not exempt from section 7, which includes the FLSA's overtime pay requirements, are entitled to breaks to express milk. While employers are not required under the FLSA to provide breaks to nursing mothers who are exempt from the requirements of Section 7, they may be obligated to provide such breaks under State laws.

FS 73

Employers with fewer than 50 employees are not subject to the FLSA break time requirement if compliance with the provision would impose an undue hardship. Whether compliance would be an undue hardship is determined by looking at the difficulty or expense of compliance for a specific employer in comparison to the size, financial resources, nature, and structure of the employer's business. All employees who work for the covered employer, regardless of work site, are counted when determining whether this exemption may apply.

Employers are not required under the FLSA to compensate nursing mothers for breaks taken for the purpose of expressing milk. However, where employers already provide compensated breaks, an employee who uses that break time to express milk must be compensated in the same way that other employees are compensated for break time. In addition, the FLSA's general requirement that the employee must be completely relieved from duty or else the time must be compensated as work time applies. See [WHD Fact Sheet #22, Hours Worked under the FLSA](#).

FLSA Prohibition on Retaliation

Section 15(a)(3) of the FLSA states that it is a violation for any person to "discharge or in any other manner discriminate against any employee because such employee has filed any complaint or instituted or caused to be instituted any proceeding under or related to this Act, or has testified or is about to testify in any such proceeding, or has served or is about to serve on an industry committee."

Employees are protected regardless of whether the complaint is made orally or in writing. Complaints made to the Wage and Hour Division are protected, and most courts have ruled that internal complaints to an employer are also protected.

Any employee who is "discharged or in any other manner discriminated against" because, for instance, he or she has filed a complaint or cooperated in an investigation, may file a retaliation complaint with the Wage and Hour Division or may file a private cause of action seeking appropriate remedies including, but not limited to, employment, reinstatement, lost wages and an additional equal amount as liquidated damages.

For additional information, visit our Wage and Hour Division Website: <http://www.wagehour.dol.gov> and/or call our toll-free information and helpline, available 8 a.m. to 5 p.m. in your time zone, 1-866-4USWAGE (1-866-487-9243).

This publication is for general information and is not to be considered in the same light as official statements of position contained in the regulations.

U.S. Department of Labor
Frances Perkins Building
200 Constitution Avenue, NW
Washington, DC 20210

1-866-4-USWAGE
TTY: 1-866-487-9243
[Contact Us](#)

Washington 2-1-1



Search for Resources

[Copyright and Disclaimer](#)

Location and Search

Step 1: Set Location

Step 2: Select topic links below or enter search terms

Search

Not finding what you need?

[Go directly to the Community Resources Online database](#)

Filters

Search Within the Results

Statewide

Access

Building Accessibility options

Days of the Week

Disabilities and Health Conditions

Focus Populations

Hours of Service

Languages other than English

Payment options

Public convenience

Results for "breastfeeding, Olympia, WA 98501"

61 results statewide

1. WEST SOUND YOUTH FOR CHRIST

Teen Parent Ministry

801 Pennsylvania Ave, Bremerton, WA, 98337
42 Miles—[Get Directions](#)

(360) 779-9929

Contact Hours: M-F, 9am-5pm

[Website](#)

Description: Offers educationally focused support groups, parenting skills, mentoring from experienced parents, and baby equipment and supplies for pregnant and parenting teens.

2. KITSAP PUBLIC HEALTH DISTRICT

First Steps Prenatal Program

345 6th St Suite 300, Bremerton, WA, 98337
42 Miles—[Get Directions](#)

(360) 728-2235

Contact Hours: M-F, 8am-4:30pm

[Website](#)

Description: Provides a program for low-income, pregnant or nursing women and their children birth to 3 years old. Services provided are maternity support, education, and home health nurse.

3. HARRISON MEDICAL CENTER

Pregnancy Essentials and Childbirth Education

Harrison Medical Center - Silverdale
1800 NW Myhre Rd, Silverdale, WA, 98383
47 Miles—[Get Directions](#)

(360) 744-6765

Contact Hours: M-F, 8am-4:30pm

[Website](#)

Description: Provides education to first-time parents-to-be or the thoroughly experienced. Learn the latest about labor, birth and recovery, breastfeeding, and infant massage information. Kangaroo Karpers educates children 2-6 about siblings.

4. PARENT TRUST FOR WASHINGTON CHILDREN

Great Starts Birth & Family Education

2200 Rainier Ave S, Seattle, WA, 98144
49 Miles—[Get Directions](#)

(206) 789-0883

Contact Hours: Office: M-F, 10am-2:30pm. Classes are held M-Th evenings and 5a mornings.

[Website](#)

Description: Offers a variety of classes on pregnancy, labor, birth, breastfeeding and parenting. Classes are held in Seattle, Eastside, Edmonds, Burien, Lynnwood and Bainbridge.

La Leche League

Regional helplines

Bellevue	Port Angeles
Bellingham	Port Orchard
Central Kitsap	Poulsbo
Stevens County	The Palouse (Pullman, WA/Moscow, ID)
Edmonds (see West Snohomish County)	Redmond
Everett (see West Snohomish County)	Renton
Federal Way	Seattle AM
Grays Harbor	Seattle Toddler Japanese
Issaquah	Seattle - West Seattle AM
Japanese	Sequim / Port Angeles
Kent	Skagit County
Kirkland	Snohomish
Lacey	Spokane
Tacoma	The Lewis-Clark Valley (Lewiston, ID/Clarkston, WA)
Thurston County	Longview
Tri-Cities (Kennewick, Pasco and Richland)	Marysville (Arlington)
Vancouver	North Tacoma
Wenatchee	Olympia
Yakima	West Snohomish County (Everett/Mukliteo/Mill Creek/Edmond)
Kittitas County	North Whatcom
Lewis County	Walla Walla



La Leche League
of Washington

Regional Helplines

- Seattle / Eastside (206) 522-1336
- Spokane (509) 534-3674
- Snohomish County (425) 610-8511
- Vancouver (360) 514-6773

ABOUT LLL OF WASHINGTON

La Leche League is a non-profit, non-governmental and non-sectarian organization committed to supporting breastfeeding families.

Local Breastfeeding Coalitions

Local breastfeeding coalitions across the state are working to promote, protect and support breastfeeding. They provide resources, guidance, and community centered support.



- Clallam County Breastfeeding Coalition
- Clark County Breastfeeding Coalition
- Columbia Gorge Breastfeeding Coalition
- Grays Harbor Breastfeeding Coalition
- Kitsap County Breastfeeding Coalition
- Kittitas County Breastfeeding Coalition
- Pierce County Breastfeeding Alliance
- Mahogany Moms
- Moses Lake Breastfeeding Coalition
- Native American Breastfeeding Coalition of Washington State
- Skagit County Breastfeeding Coalition
- Okanogan Breastfeeding Coalition
- Snohomish County Breastfeeding Coalition
- South Sound Breastfeeding Network
- Spokane Breastfeeding Coalition
- Stevens County Breastfeeding Coalition
- Wenatchee Breastfeeding Coalition
- Whidbey Island Breastfeeding Coalition
- Yakima Valley Breastfeeding Coalition

Breastfeeding Support In Yakima, WA

Sandra Escalera's Story





Michele Lord, BA

Breastfeeding Coordinator

Washington State Department of
Health

Michele.Lord@doh.wa.gov

360-236-3625



Sandra Escalera, RN-BSN

Public Health Nurse

Yakima Valley Farm Worker's Clinic
Nurse Family Partnership

SandraSo@yvfwc.org



@WADeptHealth



Thank you!

