

CHAMPS Webinar: May 20th, 2020

Community Support (Re)Structures, from New York to Boston

Presenters:

Theresa Landau, MS, RD, CDN, Morrisania WIC Program Director, Chairperson,
NYC Breastfeeding Leadership Council, Inc., Co-Chairperson, Bronx
Breastfeeding Coalition, Chairperson, Baby-Friendly USA
Community-based Breastfeeding Peer Counselors from the Vital Village Network
Boston Breastfeeding Coalition - **Dominique Bellegarde**, BA, CLC, CLE,
Waetie Sanaa Cooper Burnette, CLC, MA Women's Health, **Charlene Fraser**, BS, CLC,
NCS, & **Jenny Weaver**, BSN, RN, IBCLC

ZOOM Meeting Info:

<https://bostonmedicalcenter.zoom.us/j/92415604741>

Meeting ID: 924 1560 4741

Dial-in by your location: +1 646 558 8656 US, +1 301 715 8592 US, +1 346 248 7799 US

Use the chat box for questions during the presentation.



Upcoming CHAMPS Webinars

Webinars are held in collaboration with the Mississippi State Department of Health and the Bower Foundation, and are scheduled on Wednesdays from 12-1p CST

CHAMPS COVID-19 Response Webinar Series

- **May 27th:** Lactation Care and COVID-19: Clinical Hubs Report Out
 - *Presented by Lauren Hanley, MD, IBCLC, Meg Parker, MD, MPH, and Anne Merewood, PhD, MPH*
- **June 3rd:** CHAMPS Updates: Celebrating Mississippi's Achievements – What's Next?
 - *Presented by the CHAMPS Team*



If there are topics you would like covered, please email CHAMPSbreastfeed@gmail.com.

For log-in information or for slides and recordings of past webinars, visit: cheerequity.org/webinars.html

More To Be Announced Soon!





Vital Village Network Boston Breastfeeding Coalition

Community Support (Re)Structures during Covid-19: (Re)Connecting in Boston

Presented by:

Dominique Bellegarde, BA, CLC, CLE

Waetie Sanaa Cooper Burnette, MA Women's Health, CLC

Charlene Fraser, BS, CLC, NCS

Jenny Weaver, BSN, RN, IBCLC

(Community-Based Peer Counselors of the Boston Breastfeeding Coalition)



Boston Breastfeeding Coalition: In the time of Covid-19 and beyond.



Vital Village Network

Vital Village is a network of residents and agencies committed to maximizing child, family and community well being.



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

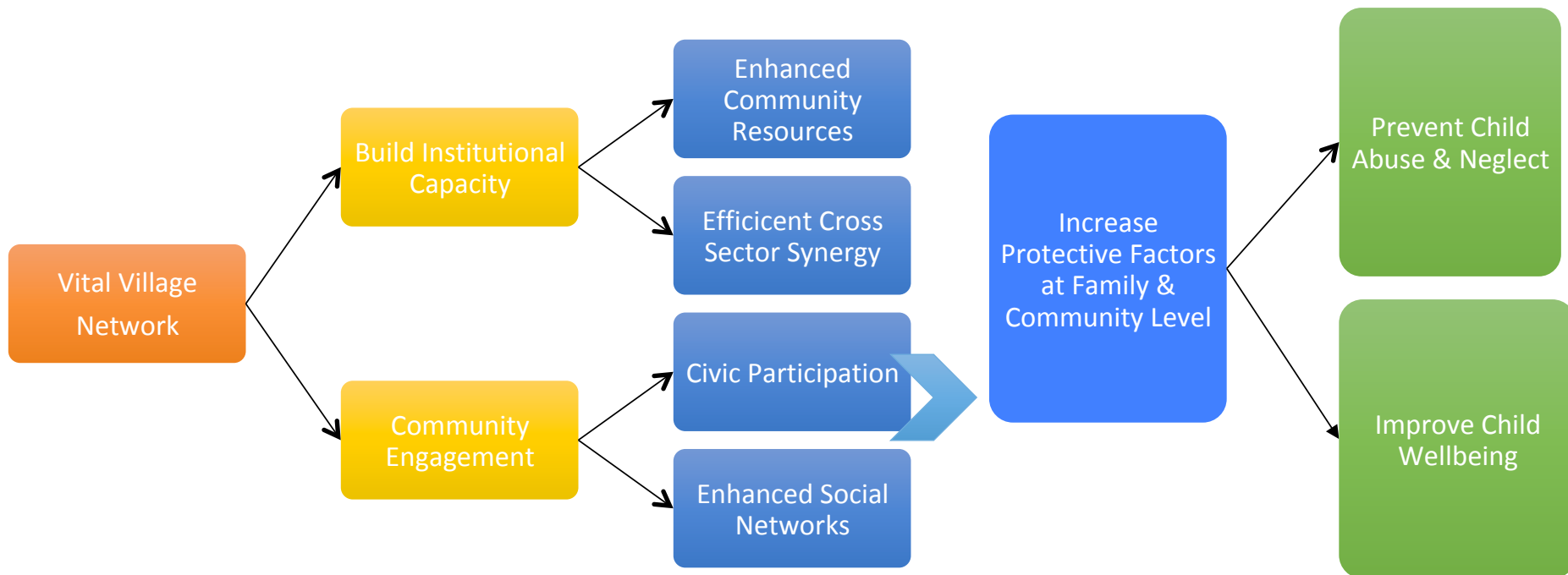


COMMUNITIES AND HOSPITALS
ADVANCING MATERNITY PRACTICES

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www.vitalvillage.org

Vital Village Network Theory of Change



Boston Breastfeeding Coalition



The Boston Breastfeeding Coalition is committed to:

1. Improving access to breastfeeding support for every parent in Boston
2. Promoting connections between individuals and organizations that promote breastfeeding advocacy
3. Supporting pathways for professional lactation counselors



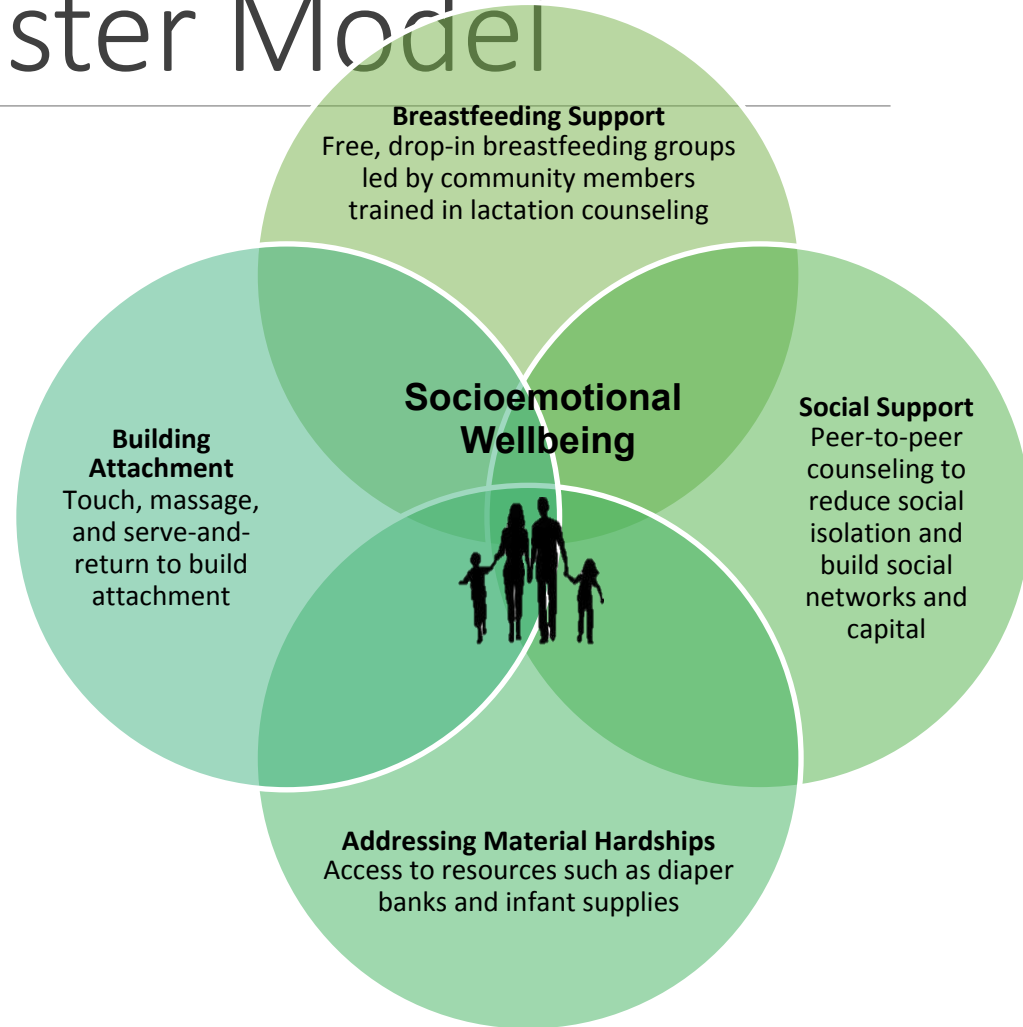
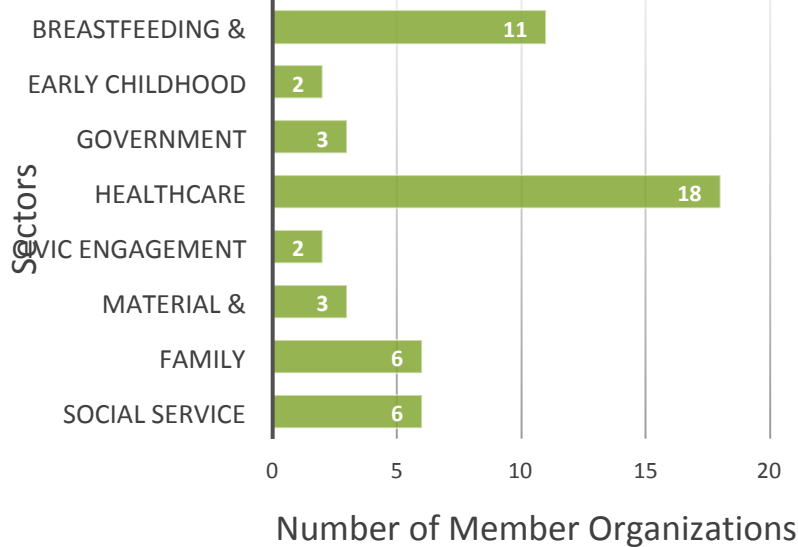


Who are the volunteers?



Baby Café Cluster Model

Coalition Membership by Sector

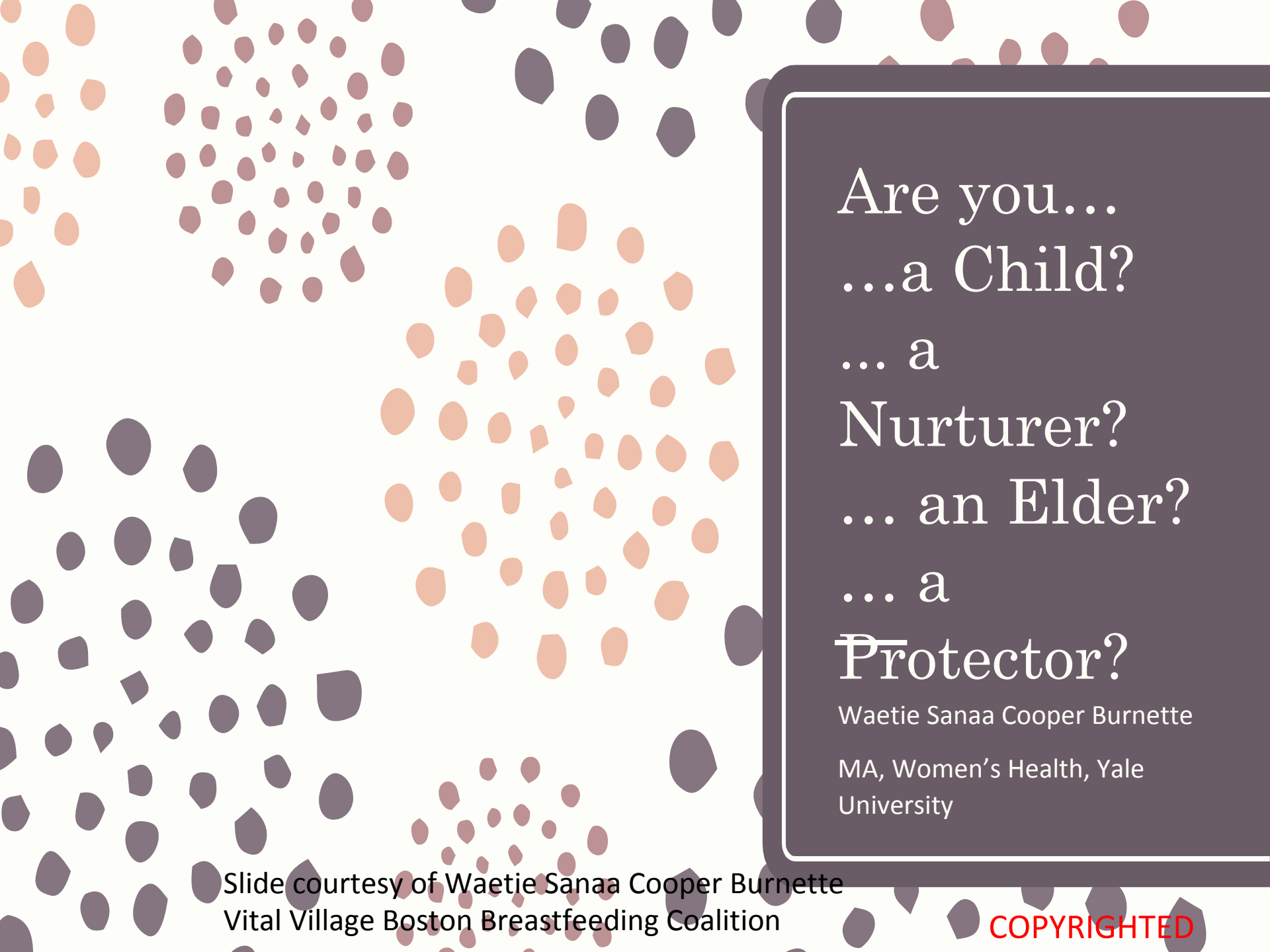


A Baby Café – Breastfeeding Group Support from in-person to virtual *presented by Waetie Sanaa Cooper Burnette*



A Baby Café – Breastfeeding Group Support from in-person to virtual *presented by Waetie Sanaa Cooper Burnette*





Are you...
...a Child?
... a
Nurturer?
... an Elder?
... a
Protector?

Waetie Sanaa Cooper Burnette

MA, Women's Health, Yale
University

Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Who are the Children?

- Our literal babies children playing and crawling in and around the circle
- Our new arrivals who are confused, anxious, questioning, searching, & yearning
- Our willingness to notice when we must take on a beginner's mind around any areas that we are not knowledgeable and allow our parent's to be the expert: queer rights, issues of class, single parenthood, race, religion, or any area where our lived experience differs from another person in the group

Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Who are the Children?



Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Who are the Elders?

- Those who have spent extensive time in these rooms assisting families and learning how to navigate a variety of breastfeeding challenges.
- Those who have studied breastfeeding courses and passed traditional exams to certify them as Community Transformers, CLCs, CLEs, and IBCLCs.
- Parents who have breastfed for an extensive amount of time and/or breastfed children in a variety of situations: while working, while at home, pre-mature children, multiple children, other people's children, using re-lactation
- Parents and other subject matter experts whose children no longer breastfeed but who make time to come to our groups to offer support, training, & encouragement to our community of parents

Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Who are the Nurturers?

- Anyone who care for others within the group
- Those who support our breastfeeding journey near and far
- This may be parents nurturing children or elders, but also vice versa
- Even our youngest children are called upon to nurture and make space for the babies and new families to acclimate

Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Who are the Protectors?

Those who commit to the flourishing of these sacred spaces whether virtually or in person

- Codman Square Health Center (One of many host sites)
- Boston Medical Center (One of many host sites and a major benefactor)
- Vital Village (The Founding Partner Organization that keeps all site afloat)
- WiC
- Baby Café Co-Facilitators who keep the groups afloat and invest their time in ongoing training and best practices are widely utilized

Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Reflect Once Again

- Think of the places you initially sat at the beginning of this talk.
- Imagine your community once again and re-consider who you are?
- Who is Next you? Who is behind you? Who is in front of you?
- Are you able to be a child when that is called upon?
- Are you able to function as an elder when you are the person in the room with the most accurate breastfeeding information to share?
- Are you willing to nurture others, even those who are directly your children or kin?
- Are you willing to protect and preserve spaces that champion breastfeeding?

Slide courtesy of Waetie Sanaa Cooper Burnette
Vital Village Boston Breastfeeding Coalition

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Mother Healing In-house Support

Happy to See You!!

Let's eat together

Let's create Our Sound Song



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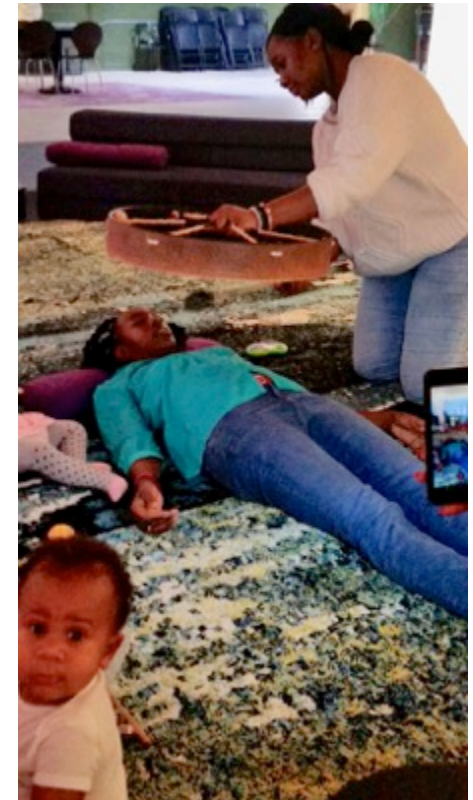
Slide courtesy of Dominique Bellegarde
Vital Village Boston Breastfeeding Coalition

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Challenges and Benefits of Moving from Sanctuary Spaces to a Virtual Space:

Mother Healing Group

presented by Dominique Bellegarde



- The Guild has open space for Movement and Relaxation.
- A peaceful atmosphere from healing drumming to eating and talking together.


Welcome to Mother Healing: at the Guild

- **Serving People of Color in the Community**
- **Serving Pregnant & Breastfeeding families with support from certified Breastfeeding experts.**
- **Community gathers together to Shower love.**

Mother Healing In-house Support



Families come together to play with their children, we laugh, we give lots of hugs as we are in this shared circle.



Families are able to tune in & continue
our drumming, hand clapping.
Our Sound Songs as we heal
Through our
Real LifeJourney Talks

Mother Healing- Virtual Support during a Pandemic



COMMUNITIES AND HOSPITALS
ADVANCING MATERNITY PRACTICES

Slide courtesy of Dominique Bellegarde
Vital Village Boston Breastfeeding Coalition

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Challenges and Benefits of Moving from Sanctuary Spaces to a Virtual Space:

Mother Healing

Virtual Challenges

- Technology challenges for families
 - Reaching out to families
 - Lack of physical presence
- No musical instruments at most homes

Virtual Benefits

- Families able to register ahead of time
- Families welcome us into their homes
- Visualize baby's growth and development
- No travel time or transportation barriers
- Making music by creating instruments out of everyday objects

Mother Healing Virtual Support

Happy to See You!!

**Let's create Our Sound Song at home
with instruments that creates music of your story.**

**Let's create our music for ten seconds. Grab an instrument, your hands, your voice and your feet, Let us
Create our Sound song in 5,4,3,2,1 go**



COMMUNITIES AND HOSPITALS
ADVANCING MATERNITY PRACTICES

Slide courtesy of Dominique Bellegarde
Vital Village Boston Breastfeeding Coalition

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Innovating for Covid-19 and the future

presented by Charlene Fraser



Breastfeeding Warmline

- Challenges
- Publicizing
- Breastfeeding Support and more...

www.vitalvillage.org

www.Bostonbreastfeeding.weebly.com

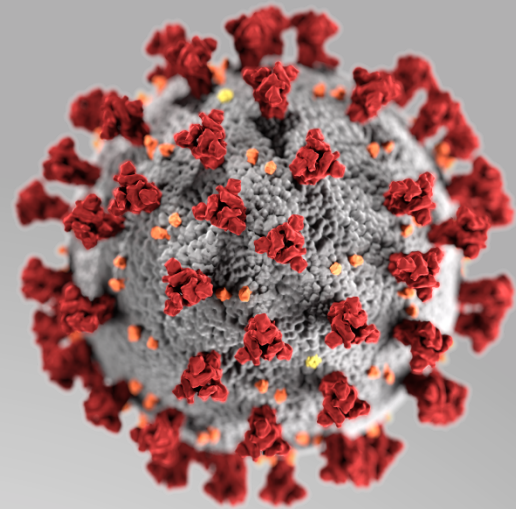
Bit.ly/bf-groups

A flyer for the Boston Area Breastfeeding Warmline. The background is a blue sky with white clouds. In the top left, there is a green checkmark logo with the word 'Vital' in green and 'Village' in a lighter green, with a small footprint icon above the 'i' in 'Village'. Below the logo, the text 'At Boston Medical Center' is written in a small, black, sans-serif font. To the right of the logo, the text 'Boston Area Breastfeeding Warmline' is written in a large, bold, brown, sans-serif font. Below this, the phone number '857-301-8259' is written in a large, bold, brown, sans-serif font. To the left of the phone number, there is a green rectangular box with the text 'Our Breastfeeding Counselors are available every day to help. Early post-partum? Breastfeeding? Pregnant? We are here for you. Call today for support from our trained and experienced peers. 857-301-8259.' in a small, black, sans-serif font. To the right of the phone number, there is a green rectangular box with the text 'Breastfeeding Support and Guidance' in a small, black, sans-serif font. Below this, there is a green rectangular box with the text 'Community Resource Referrals' in a small, black, sans-serif font. At the bottom, there is a large, light blue circle containing two photographs: one of a woman holding a baby and another of a woman breastfeeding a baby. Below the circle, the text 'Or you can email us at breastfeedingboston@gmail.com' is written in a small, black, sans-serif font.

Stories and Strategies to Mitigate Impact of Covid-19 Pandemic

May 20, 2020

Theresa Landau, MS, RDN, CDN
WIC Director
NYC Health & Hospitals
Morrisania WIC Director



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Disclosures

Director, Morrisania WIC Program, NYC Health + Hospitals

Chairperson, Baby-Friendly USA Board of Directors – but am not representing them at this meeting

Chairperson, NYC Breastfeeding Leadership Council, Inc.

Co-Chairperson, Bronx Breastfeeding Coalition

Chairperson, NY Statewide Breastfeeding Coalition Public Policy Committee

Previous Chairperson of the National WIC Association (NWA)

This presentation is not supported by any funds from companies that violate the International Code of Marketing of Breastmilk Substitutes

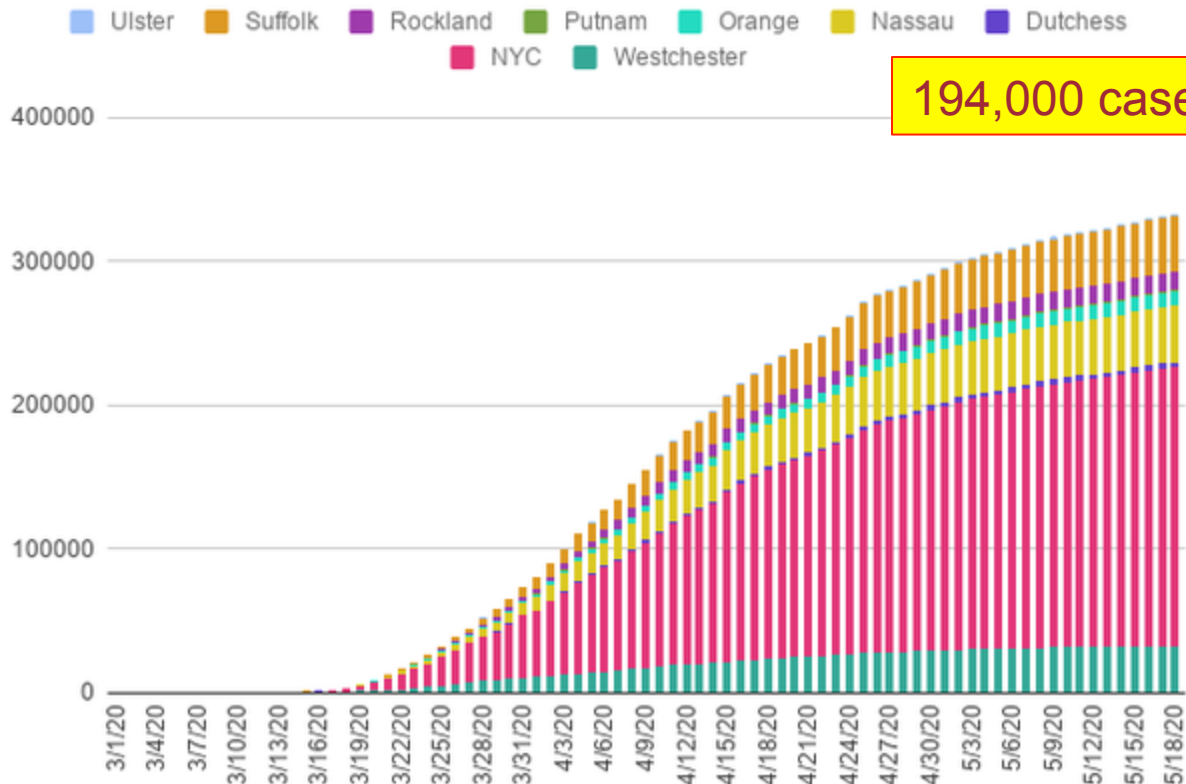
FEAR
ANXIETY
DEATH
SEPARATION



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Impact of COVID-19 in NYC

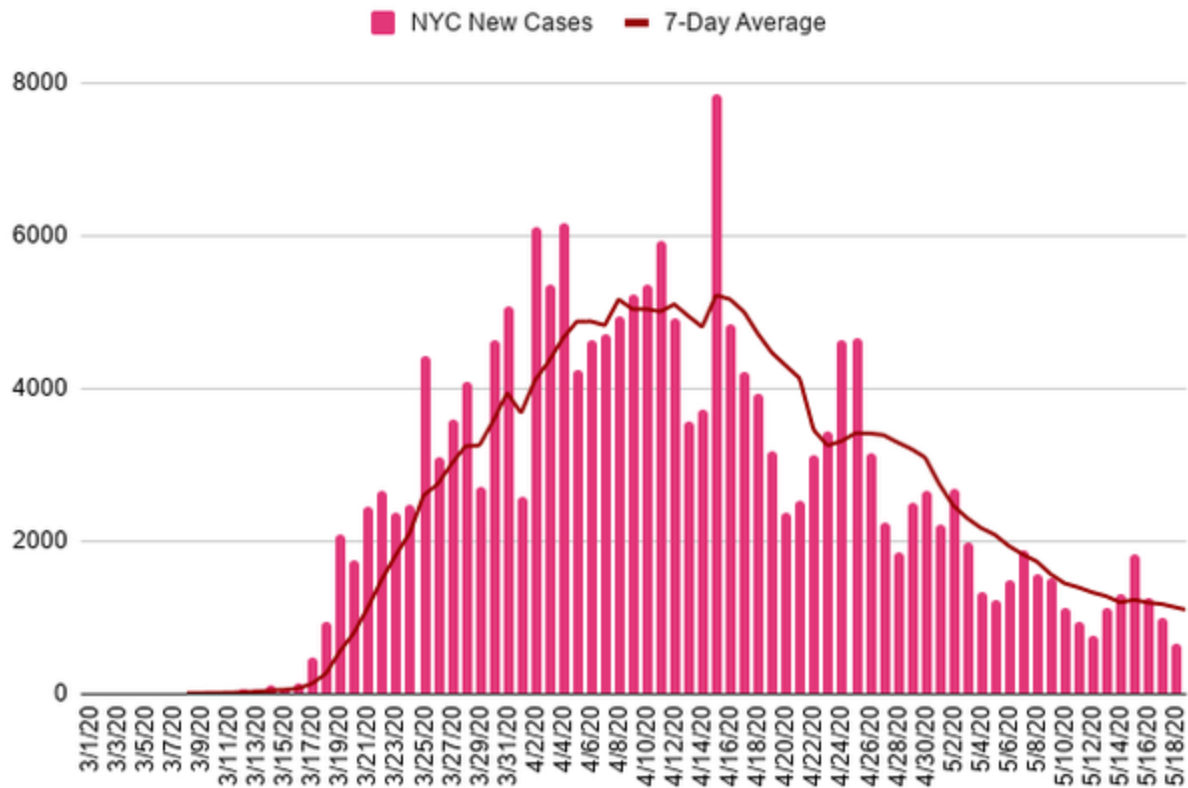
Total Positive Cases by NYC & Downstate NY Counties



194,000 cases NYC

Impact of COVID-19 in NYC

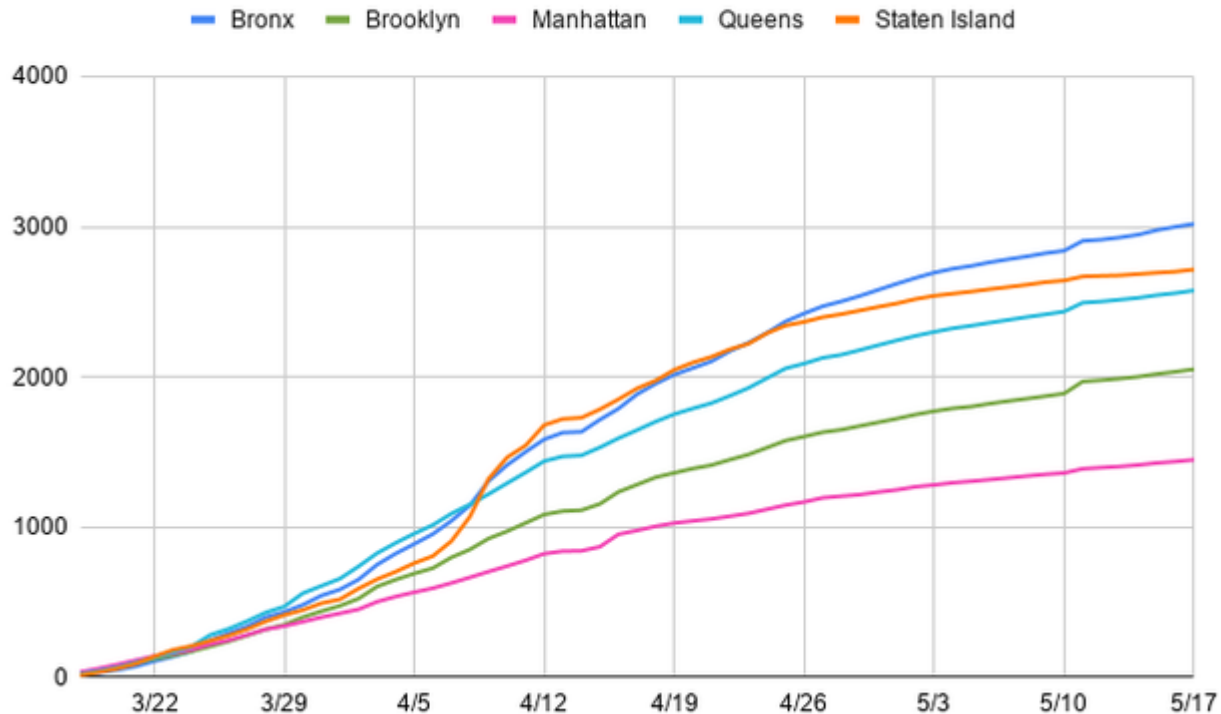
New York City New Cases



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Impact of COVID-19 in NYC

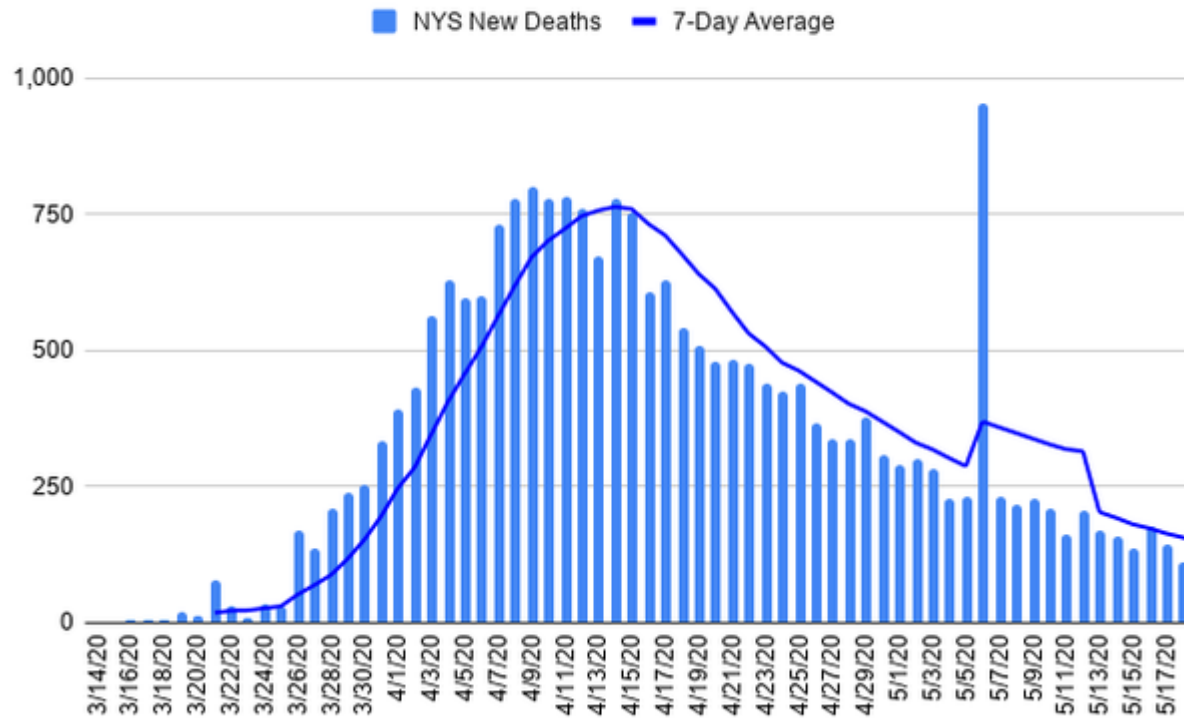
COVID-19 Positive Cases By 100K Population In NYC Boroughs



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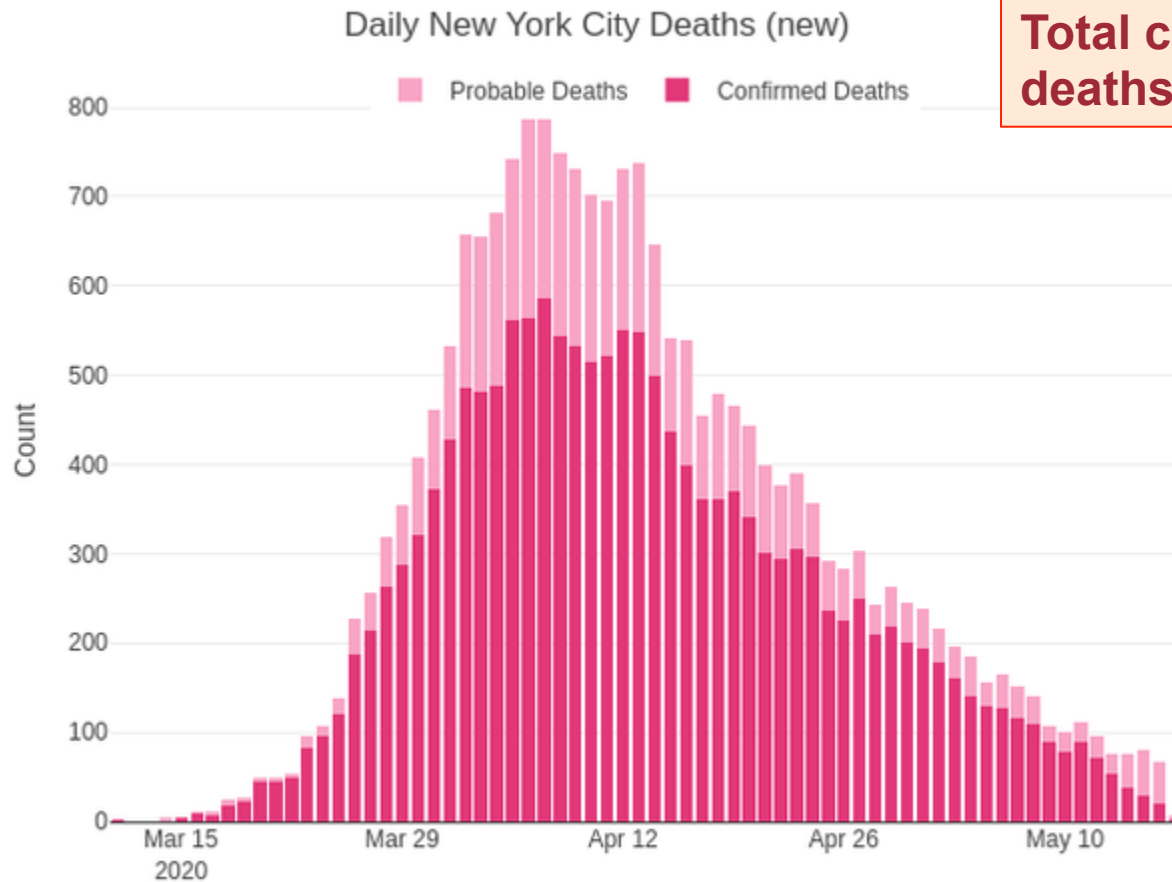
Impact of COVID-19 in NYC

New Deaths in New York State



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Impact of COVID-19 in NYC



**Total confirmed
deaths – 15,789**

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Decisions

- **Staff Safety**
- **Participant Safety ... NutritionBreastfeeding**
- **Facility Activities – Information changing every hour**
- **WIC Program Integrity**
- **Processes and Implementation**
- **How do we best communicate – with staff ... with families**
- **How do we effectively counsel**
- **DO we counsel CAN families learn now**
- **What's happening in the hospitals**
- **People are dying alone and birthing alone**
- **How can we help...how can we be of value**

What do we do???????

*"Life is a balance of holding on
and letting go, and knowing when
to do which of the two."*

Rumi



www.findingyourrealm.blogspot.com

**Life is a balance of holding on and
letting go ... and knowing when to
do which of the two!**

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COMMUNICATION WAS KEY!



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Close contact and early, exclusive breastfeeding helps a baby to thrive.

A woman with **COVID-19** should be supported to breastfeed safely, hold her newborn skin-to-skin, and share a room with her baby.



#COVID19 #CORONAVIRUS

COVID-19 Prevention: INFANT FEEDING

EVERYONE: Practice Social distancing. Wash hands often. Avoid close contact with anyone who is coughing or sneezing.

BREAST FEEDING:	Keep Breastfeeding. Breastfeeding helps protect your child when they (or the people around them) are sick. If you're thinking about weaning, consider waiting until the health emergency is over.	COMBO FEEDING:	Maximize the amount of breastmilk your child gets.
PUMPING:	Wash hands before touching pump or bottle parts. Follow best practices for pump cleaning.	FORMULA FEEDING:	Follow best practices for preparing formula and sterilizing equipment.
		ANY BOTTLE FEEDING:	Limit the number of people who feed your baby.

IF YOU GET SICK: If you're breastfeeding, keep breastfeeding. Wash hands often. Avoid spreading illness through respiratory droplets.

Follow the latest guidance from your national government and the World Health Organization (WHO), as these could change as more information becomes available.



ENFERMEDAD DEL CORONAVIRUS 2019 (COVID-19)



Si estás amamantando y tienes síntomas del COVID-19 o te han confirmado que lo tienes, toma medidas para evitar propagarle el virus a tu bebé:

- Lávate las manos antes de tocar al bebé.
- Usa una mascarilla, si es posible, mientras le des el pecho.
- Lávate las manos antes de tocar las partes del extractor de leche o del biberón, y limpia todas estas partes después de cada uso.

cdc.gov/coronavirus-es

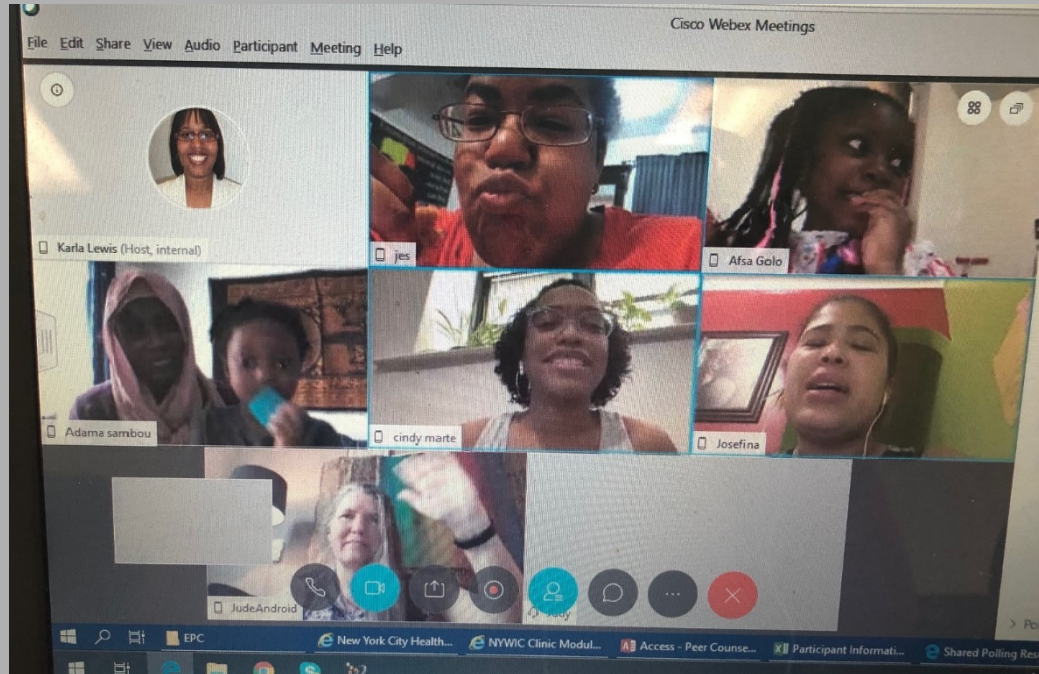


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Accurate Information

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Peer Counselor Meeting

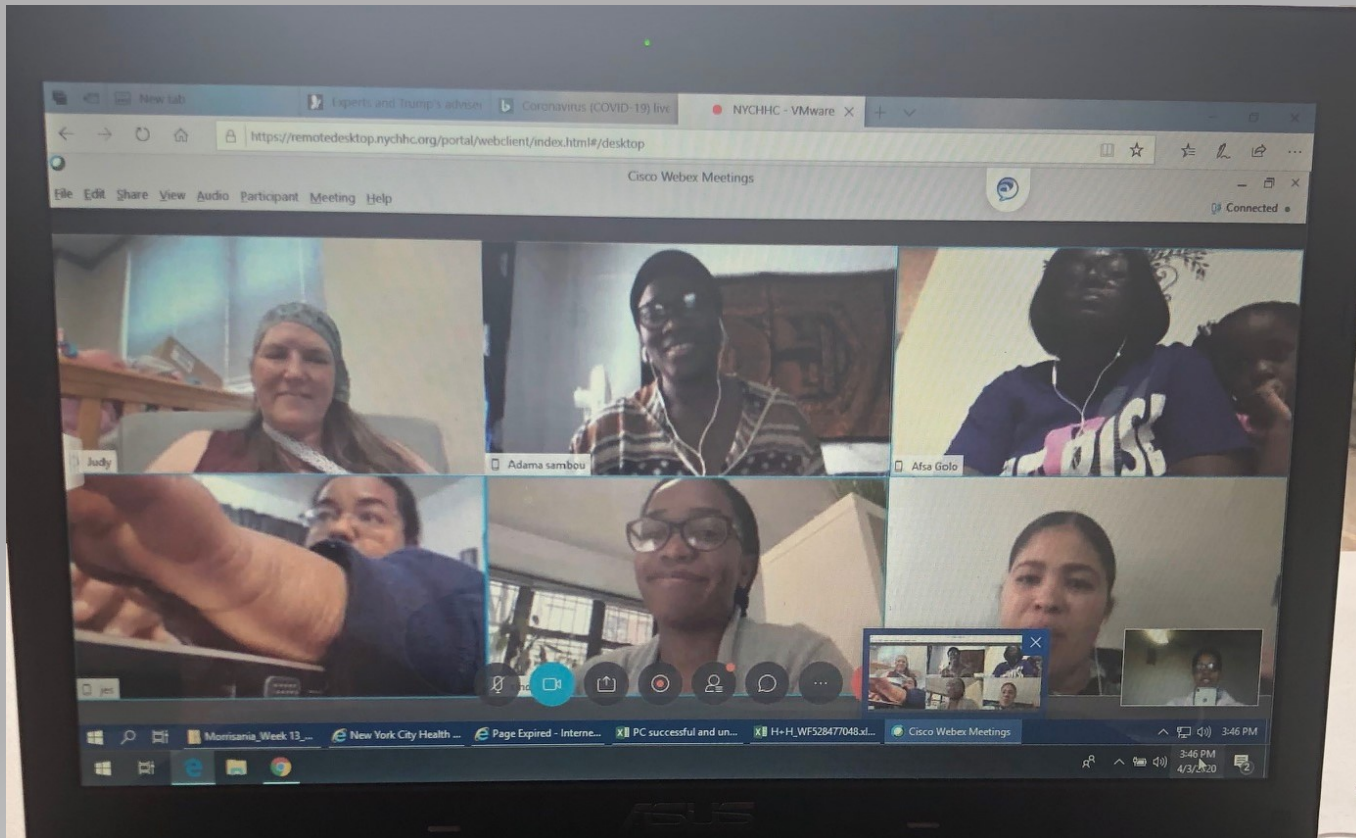


Sharing case histories and strategies to help families

**Mom on a ventilator after delivering her
BABY!**

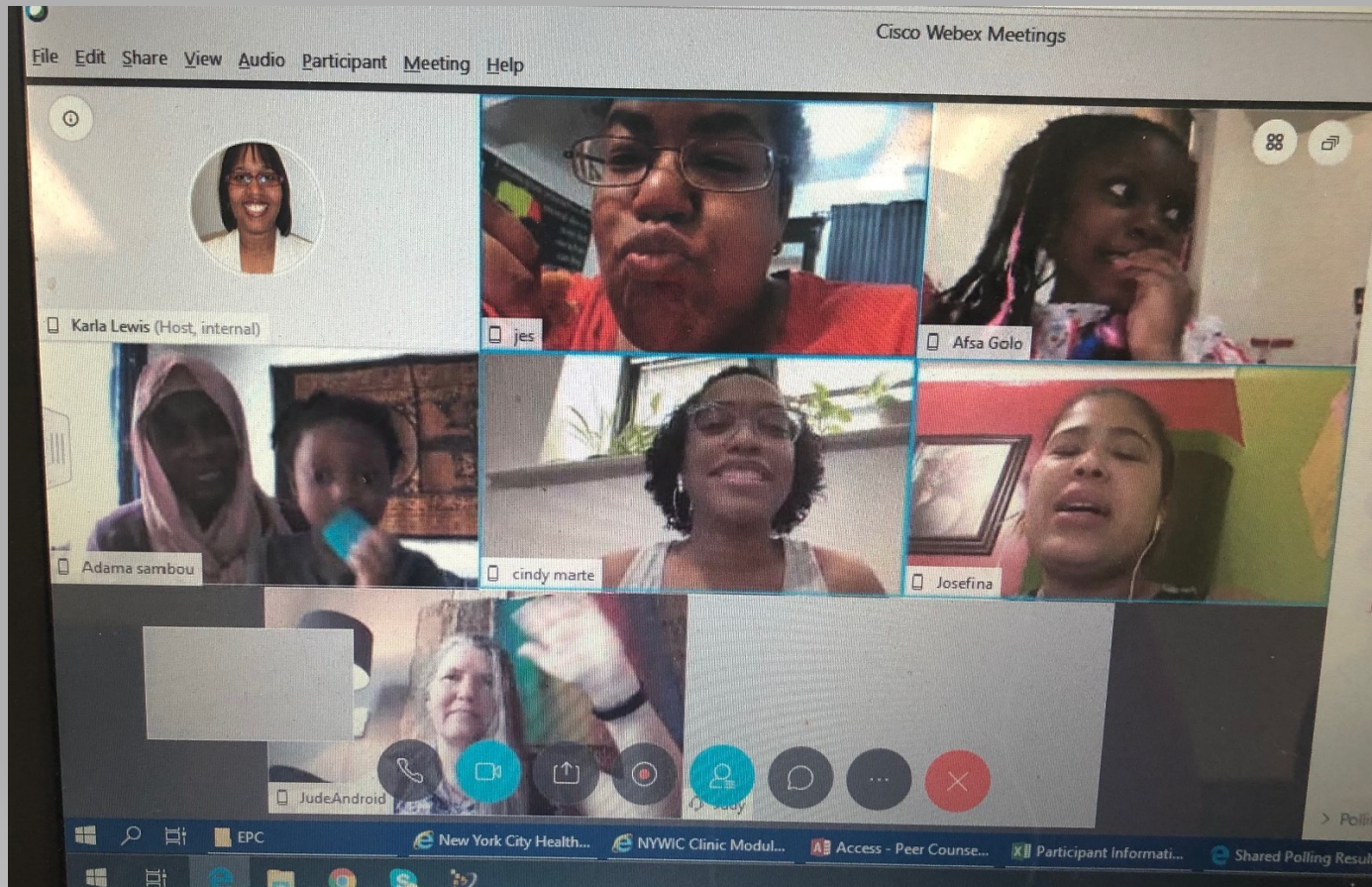
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WIC Continues to Serve During Pandemic!



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PC Video Meeting



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Saturday Night PC Chat for Fun!

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**Join our Breastfeeding Chat Room
Mondays, Wednesdays & Fridays
at 11am**

Meet new friends.

**Speak to a Breastfeeding Consultant or
Counselor**

Share your experiences and concerns



**Download Webex
Room number
474 823 967**

**Or call 1-844-621-3956
Access code 474 823 967**



**Entre a Nuestra Sala de Lactancia
Lunes, Miércoles & Viernes
a la 1pm**

**Conozca nuevas amigas y hable con la
Consultora y Consejera de Lactancia**

**Para compartir sus experiencias
e inquietudes**



**Descargue Webex
Número de room
474 823 967**

**O llame al 1-844-621-3956
Access code / código de acceso
474 823 967**



**Breastfeeding Chat Room – Facebook –WIC
Strong – E-mailed to families**

1:52 PM Thu May 14

23%

Breastfeeding Chat Room



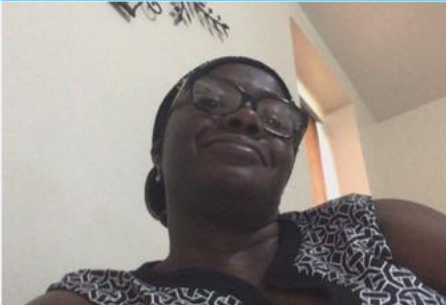
JudeAndroid (host)



Josefina



Karla Lewis



Afsa Golo (me)



flaquitads



Judy

Speaking: Josefina, JudeAndroid



Breastfeeding Chat Room

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1:51 PM Thu May 14

24%

Breastfeeding Chat Room



JudeAndroid (host)



Josefina



Karla Lewis



Afsa Golo (me)



flaquitads

Judy

Speaking: Josefina



Baby Café with Nursing Dyad

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- Mom tested Positive for Covid – 19
- Had complex breastfeeding issues
- Received ongoing support and help via video chat

3-Way Video Chat with Mom



INTERVENTION

“Being a Breastfeeding Peer Counselor through the Covid-19 pandemic has been an emotional roller coaster to me. I’ve had the experience of consoling mothers through one of the most difficult times in their lives; mothers have expressed to me concern for their own and their family’s lives.”

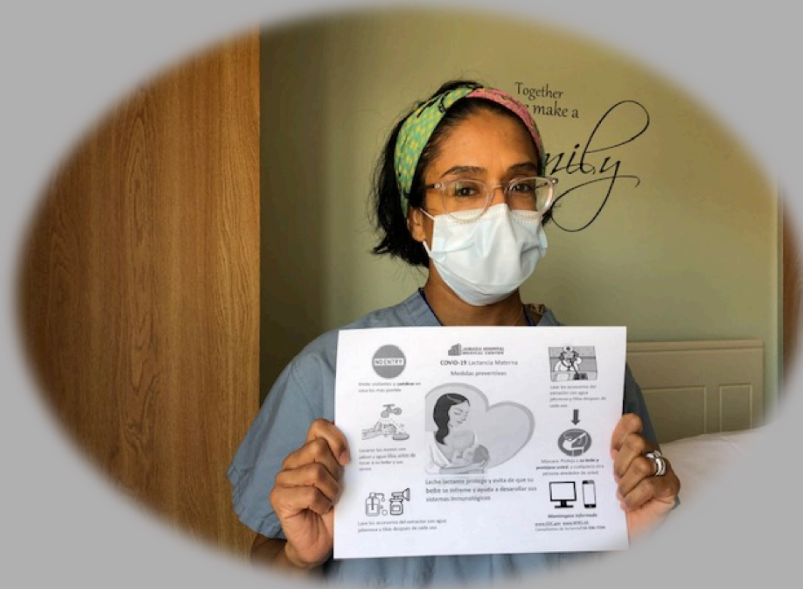
“Hearing moms express their experiences feels heart breaking and paralyzing, especially when I don’t have any answers. I thank my peers for providing meetings and a safe virtual space to express my many emotions along with plans on how to help our very vulnerable families.”

Peer Counselor Thoughts



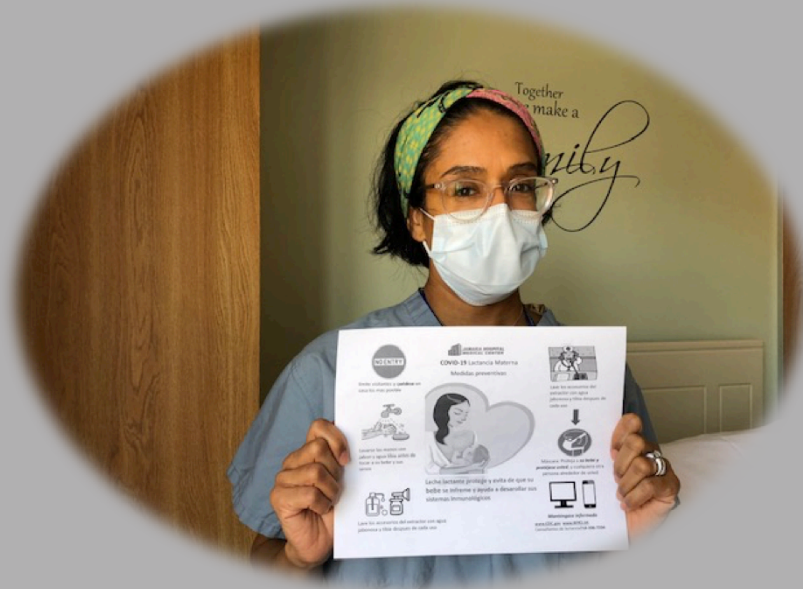
WIC Strong Morrisania

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My Friend Paula – working as LC in hospital

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I started feeling helpless 'how can we do this, all these mothers and babies are going to be left alone at home with no support system' ... For the ones who could and preferred in-home consultation, I was still unable to find any community based LC that would go. Many felt they were left hanging, and ended up reaching again... for that bottle of formula!



**Remember why we do what we
do!**

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Salute to our Heroes

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7 PM Applause for Healthcare Workers

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We are all in this together.

Questions?

Use the chat box to send in any questions you might have

Think of a question after the webinar?

Email the CHAMPS Team at
champs.breastfeed@gmail.com!

Thank you for joining!

Tune in on May 27th for the next webinar in the series,
Lactation Care and COVID-19: Clinical Hubs Report Out

Presented by:

***Lauren Hanley, MD, IBCLC, Meg Parker, MD, MPH, & Anne
Merewood, PhD, MPH***