

Mothers' Stories Panel Handout

Parent & Breastfeeding Support in Oklahoma

Coalition of Oklahoma Breastfeeding Advocates (COBA)

COBA was founded as a grassroots organization in 2000 and in 2014 achieved 501(c)(3) nonprofit status. COBA helped to pass laws protecting the right to breastfeed in public, giving jury duty exemption for breastfeeding, and breastfeeding families' right to use break time at work for milk expression and encouraging the provision of a private location, other than a toilet stall, for expressing milk. COBA partnered with the Oklahoma State Department of Health, Maternal and Child Health Service, Women Infants and Children Service, and other state organizations to develop and promote the Oklahoma Breastfeeding Friendly Worksite Initiative. COBA and its partners also made major progress by creating model breastfeeding policies for hospitals and workplaces, encouraging Ban the Bags Campaign participation by a majority of Oklahoma birthing hospitals, improving insurance coverage for breast pumps and lactation consults and fostering a budding partnership with the US Breastfeeding Committee.

Video Link: <https://youtu.be/cwGFZyfqDU4>

Facebook: <https://www.facebook.com/okbreastfeeding/>

Instagram: <https://www.instagram.com/okbreastfeeding/>

YouTube: <https://www.youtube.com/channel/UCPMvDwbwQC1Wvllb1bRzCYg>

For The Village

For The Village, Inc. is a not-for-profit organization committed to enhancing birth outcomes for mothers and babies in the Black community in response to the alarming rates of infant and maternal mortality within Black communities. We aim to conquer our goals by raising awareness, developing Black birth workers and facilitating the provision of specific birth services by Black birth workers within Black communities.

Website: <https://forthevillageinc.org/>

Facebook: <https://www.facebook.com/ForTheVillage2020>

Instagram: <https://www.instagram.com/forthevillage2020/>

Oklahoma Breastfeeding Hotline

The Oklahoma Breastfeeding Hotline is available free of charge, 24 hours a day, 7 days a week, 365 days per year. You do not have to live in Oklahoma to use this free service. The Hotline is for nursing families, expecting parents, health care providers, or anyone in need of breastfeeding support and information. The Hotline is staffed by International Board Certified Lactation Consultants (IBCLCs). The Hotline is a texting and call back system. Those with routine issues are contacted that same day, during business hours. For urgent issues, the IBCLC will be paged 24 hours a day & respond within one hour.

Video Link: https://youtu.be/_8GHa3nG3fo

Facebook: <https://www.facebook.com/OKBreastfeedingResourceCenter>

Instagram: <https://www.instagram.com/oklahomabreastfeeding/>

Twitter: <https://twitter.com/OBreastfeeding>

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Oklahoma Breastfeeding Resource Center (OBRC)

OBRC is a statewide resource for healthcare providers, organizations, and families, working to improve the care of nursing parents and children. OBRC provides breastfeeding education, advocacy, clinical care and research to promote innovative and interdisciplinary breastfeeding care. Thanks to federal Title V funding through the Oklahoma State Department of Health, OBRC offers the Oklahoma Breastfeeding Hotline, a free 24/7 service where families can contact an International Board Certified Lactation Consultant (IBCLC), the Becoming Baby-Friendly in Oklahoma (BBFOK) program, a program that helps Oklahoma birthing hospitals to obtain Baby-Friendly Designation, and numerous professional education offerings. OBRC, as part of the Maternal/Child Health section in the Department of OB/GYN at the University of Oklahoma Health Sciences Center, provides clinical training for IBCLC candidates and outpatient lactation clinic that is open to anyone, no matter where they delivered.

Newsletter & Webinar Email List: <http://eepurl.com/gkHpEH>

General BF Information Email List: <http://eepurl.com/gkJNvL>

Oklahoma Mothers' Milk Bank (OMMB)

The mission of the OMMB is to provide safe donor milk to preterm or ill babies in Oklahoma. OMMB collects, screens, processes, and distributes donated human milk to meet the specific medical needs of individuals for whom it is prescribed. The primary beneficiaries of milk banks are infants, particularly preterm or ill infants. In addition, OMMB values clinical excellence, ethical practice, community education, and research to ensure that all individuals with a medical need will have access to pasteurized donor human milk. The OMMB operates under the guidelines for Donor Milk Banks from The Human Milk Banking Association of North America.

Video Link: https://youtu.be/BWq4_L4uESM

Facebook: <https://www.facebook.com/okmilkbank>

Instagram: <https://www.instagram.com/okmilkbank1/>

OU Physicians, Breastfeeding Clinic

The Breastfeeding Clinic at OU Physicians provides lactation services by OBRC's Amanda L. Parsons, RND, IBCLC and is open to anyone, no matter where they delivered. Amanda is a dietitian and lactation consultant with a passion for supporting clients while helping them to identify nutrition solutions that work best for their lifestyle - whether it's helping a mom reach her breastfeeding goals, identifying allergy friendly snack and meal solutions for families facing a food allergy diagnosis or carefully addressing weight and growth. Amanda's goal is to help individuals create simple approaches for patients to feed themselves or their families and to help families create stress-free, enjoyable meal time solutions.

Schedule today! 1-405-271-9494

Video Link: <https://youtu.be/9BE7lRv1XOo>

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Oklahoma State Department of Health (OSDH)

OSDH, through its system of local health services delivery, is ultimately responsible for protecting and improving public health with strategies that focus on preventing disease. Five major service branches - Community Health, Family Health Services, Prevention and Preparedness, Chronic Disease Prevention and Health Promotion and Protective Health Services - provide technical support and guidance to 68 county health departments as well as guidance and consultation to the two independent city-county health departments in Oklahoma City and Tulsa.

Website: <https://oklahoma.gov/health.html>

Facebook: <https://www.facebook.com/oklahomahealth>

Women Infants & Children (WIC)

WIC provides nutritious foods to supplement the diets of women, infants and children. WIC foods are specifically chosen to provide the nutrients you and your children need. WIC gives information about healthy eating and promotes active lifestyles! WIC offers nutrition education in three formats: online nutrition education, interactive nutrition and fitness group classes, and private consultations with Registered/Licensed Dietitians (RD/LD). Oklahoma WIC has new and exciting foods to better meet the nutritional needs of WIC participants. The new WIC foods are lower in fat and higher in fiber, improve the variety of foods available and provide appropriate nutrients needed by the body. Participants will still enjoy milk, cereal, eggs, peanut butter, and beans plus fruits, vegetables and whole grains.

Video Link: https://youtu.be/iZPYys_Cpd4

Facebook: <https://www.facebook.com/Oklahoma-WIC-Program-1073515239637978>

Instagram: <https://www.instagram.com/oklahomawic/>

Oklahoma Perinatal Quality Improvement Collaborative (OPQIC)

OPQIC launched in 2014 with a mission to provide leadership and engage interested stakeholders in a collaborative effort to improve the health outcomes for Oklahoma women and infants using evidence-based practice guidelines and quality improvement processes. OPQIC works with Oklahoma birthing hospitals and perinatal care providers of all types to improve perinatal care of Oklahoma mothers and newborns by collaborating with partners to identify and remove barriers to providing safe, quality perinatal care. The Office of Perinatal Quality Improvement administers the activities of OPQIC, under the Department of Obstetrics and Gynecology at OU College of Medicine.

Website: <https://opqic.org/>

Facebook: <https://www.facebook.com/opqic>

Instagram: <https://www.instagram.com/opqic/>

Video: https://www.youtube.com/watch?v=Nd_fA08Dofw&feature=youtu.be