



OBRC

Newsletter

QUARTER 1 | 2019

**NEW YEAR,
NEW WEBSITE**

**OPTIMIZING
POSTPARTUM CARE**

**HOTLINE TURNS
10! LET'S PARTY**

Photo courtesy of US Breastfeeding Coalition.

OBRC CORNER

Hello...



Happy New Year! After a *brief* hiatus, our OBRC newsletters are back and better than ever. We are so excited to start our quarterly newsletter once again now that we have a BRAND NEW website to host our magazines on. 2019 for OBRC is definitely all about new- new branding, new website, new faces (check out our meet us page!) and more ways to help our state in breastfeeding needs.

As we start 2019, we are eager about all the activities that OBRC will be working on this year. As always, our mission is to improve breastfeeding outcomes through education, advocacy, clinical care and research. To that end, making breastfeeding care and support easier for YOU, our colleagues, is at the core of everything we do.

So, please, always feel free to drop us a line and check in. If you like what we're doing, have an idea, or need some training or technical assistance, that is what OBRC is here for. Our email and phone are always available: obrc@ouhsc.edu, 405-271-6162.

We're thankful to have this opportunity to support the state of Oklahoma and to help our current, past, and future mothers, infants, and families. Thank you for working with us thus far, and we look forward to the great year ahead.

Happy New Year!
Becky Mannel & Petra Colindres

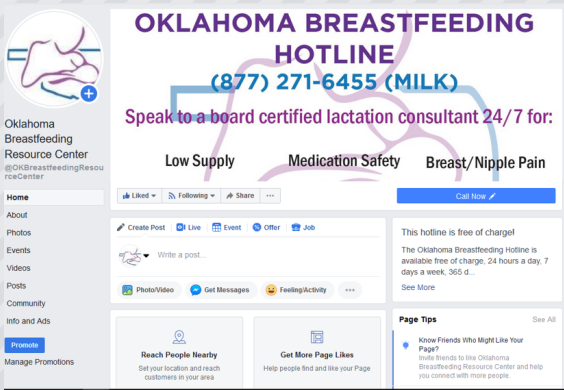
Let's Get Social...

WE KNOW YOU'VE JUST BEEN DYING TO SEE MORE OBRC... 😊💕😄

For the most up-to-date information, updates, research, and more, please follow us on social media!

On Facebook at
fb.com/OKBreastfeedingResourceCenter

On Instagram at
Oklahoma Breastfeeding



SPOTLIGHT

The Oklahoma Breastfeeding Hotline Turns 10!

For the more hotline history & facts, please visit our article in Metro Family Magazine this month!

[Link here](#)

Can you believe it- ten years?!? Ten years the Oklahoma Breastfeeding Hotline (OBH) has existed. I know, I know; we here at OBRC can hardly believe it either.

Though much has changed in the past ten years, much has stayed the same as well. And one of the most consistent things has been our never-wavering breastfeeding support by International Board Certified Lactation Consultants through the Oklahoma Breastfeeding Hotline.

The hotline got its start as a brain child of Becky Mannel and the Oklahoma State Department of Health. What first began at OU Medical Center as a warm line for mothers needing breastfeeding help after hospital discharge quickly exploded in volume with calls from across the state. With volume so high, the need was evident, and OBH was born.

One of the major goals of OBH was to provide skilled IBCLC care to breastfeeding parents, regardless of location or income. We at OBRC are happy to say we have met that need. In these first 10 years, OBH IBCLCs have helped over 19,000 breastfeeding families and taken over 25,000 calls.

We at OBRC are proud to manage OBH, with help from our partner organization Oklahoma State Department of Health as part of their Preparing for a Lifetime initiative. We wouldn't be who we are without our great partnerships!

As a way to celebrate and give back, OBRC will have two events to honor not only the legacy of OBH, but also the employees that make up our wonderful team. As y'all know, an organization is only as good as it team members, and we're pretty lucky to have some of the best IBCLCs in the nation (in our humble opinion).

Our first event will be at the Healthy and Strong Expo (flyer and information below). This will be a community event in conjunction with OU Children's Physicians. Everyone is welcome, and we hope to see friends, family, and more there!

Our second event will be at our annual Becoming Baby Friendly in Oklahoma Summit. More information about that event is located on pg 5. We hope to see you at both events!

OU CHILDREN'S PHYSICIANS PRESENTS

**GROW
HEALTHY
& STRONG
EXPO 2019**

**FREE EVENT!
GAMES
WELLNESS EXAMS
FARMERS MARKET
...AND MORE!**

**JAN 18, 2019
10AM - 2PM**

**With special guests Oklahoma Breastfeeding
Hotline celebrating its 10 year birthday party!**

THE CHILDREN'S HOSPITAL ATRIUM
1200 CHILDREN'S AVENUE OKLAHOMA CITY, OK 73104

VISIT FACEBOOK.COM/OKBREASTFEEDINGRESOURCECENTER FOR MORE INFORMATION

OBRC WELCOMES...

We've got a few new faces in our area! Allow us to introduce to you our expanding team.

Sara Bellatti

Sara is OBRC's Office Administrator, Program Coordinator, and jack of all trades. She enjoys reading, participating in education-based or wellness-based research, and spending time at the lake or on the farm with her family and two Welsh Corgis, Sherlock and Watson.



Amanda Parsons

Amanda is our newest outpatient provider for Perinatal/Early Childhood Dietitian & Lactation Consultant. She has a passion for supporting clients while helping them to identify nutrition solutions that work best for their lifestyle. Amanda holds a Master's degree in Dietetics and is a Licensed Dietitian and International Board Certified Lactation Consultant.

Molly Foreman

As a pathway three lactation trainee, Molly hopes to grow in experience and knowledge so that she can better care for mothers and their babies. She worked as a hospital-based labor and delivery nurse for two years and then spent the last year working as a nurse at a birth center.



Baby Alan & Mia

Baby Alan is the first grandchild for Robert and Becky Mannell! Born on July 14, 2019 at 6lbs 13oz, his favorite activities now include smiling (and nursing).



Baby Mia is the second child for Petra Colindres. She was born on labor day a bit early, but she's living life large by sleeping, breastfeeding, and playing with her older brother.

UPCOMING EDUCATION



**PLEASE REGISTER
FOR OUR 7th
ANNUAL BECOMING
BABY FRIENDLY in
OKLAHOMA SUMMIT**

**Friday
Feb 22, 2019**

Featuring...



Joan Meek, MD, IBCLC
Chair, AAP Section on
Breastfeeding

Topics to discuss:

- Why do we still need to make the case for breastfeeding?
- The Breastfeeding Friendly Practice

**Cathy Carothers, BLA,
IBCLC**

**Former ILCA president
and past chair of USBC**

Topics:

- Talk it Up: Building Connections with clients and colleagues
- Mothers knows Breast: Helping Moms Build Confidence



Register here today!

Making Breastfeeding Easier

One-day (8a-4:30p) breastfeeding education class for healthcare providers. Provides 7.5 nursing contact hours.

Upcoming dates:

Jan 31, April 25, July 16, Oct 3 2019- Samis Education Center, OKC, OK

Can schedule this class at your facility too!

Breastfeeding Basics & Beyond

Two-day (8a-4:30p) advanced breastfeeding education class for healthcare providers. Provides 11.8 nursing contact hours.

Upcoming dates:

- March 4-5, OKC (location is TBD)
- June 24-25, Tulsa (location TBD)

If interested in either class, please register at our website under our Events & Training tab: obrc.ouhsc.edu

Note: If OBRC does not have a class listed near you, we would love to come to you! In addition to the two courses outlined above, OBRC can also provide various trainings to fit your needs.

BBFOK Webinars

Webinars held monthly at 12pm second Wednesday of every month. Topics will vary- join in the fun (Check the OBRC website for previous webinar power points & resources.) Dates, times, and topics follow:

Upcoming dates:

- Feb 22: BBFOK Summit!

No webinar this month.

- March 13- 12pm

Evidence Behind Baby-Friendly Steps 7 and 8:
Rooming-In and Feeding on Cue

- April 10- 12pm

Update on Online Training for Healthcare Professionals

Please email obrc@ouhsc.edu to enroll

BREASTFEEDING UPDATES

ACOG Committee Opinion: Optimizing Postpartum Care

ACOG's recent publication on optimizing postpartum care emphasizes the importance of this critical period for the lifelong health of both mother and child. ACOG recommends all women should be seen within 3 weeks of giving birth by an obstetric provider. They also stress the importance of lactation support and including IBCLCs or other lactation support providers on the health care team to enable women to meet their breastfeeding goals. Finally, ACOG endorses the need for paid parental leave as essential for "all women to recover from giving birth and nurture their infants."



[FULL ACOG Opinion Paper Located Here](#)

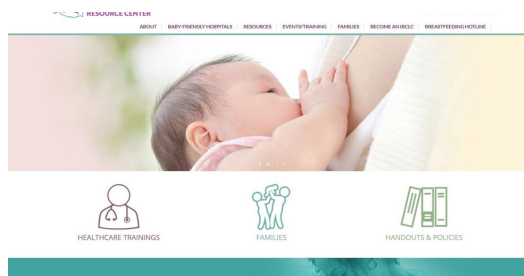
CHECK OUT OUR NEW LOOK

OBRC has a new website! Please check us out at our NEW url:

obrc.ouhsc.edu

and please remember to update bookmarks to this!

IF any questions/comments/suggestions, of course, we would LOVE to hear. Please email: obrc@ouhsc.edu



OBH Needs Your Help!

As our 10th Birthday Party gets on a roll, it's easy to forget why we do what we do.

With that in mind, OBRC has created a survey to distribute to all past, present, or future Moms in Oklahoma. We want to know how Moms WANT to be helped with breastfeeding.

Please, take a few moments to take the survey. Or, feel free to distribute among colleagues, family, and friends. We thank you for your time.

Survey Link:

https://ouhsc.qualtrics.com/jfe/form/SV_1KUd24GgwtGpkd7

UPCOMING DATES

January

Jan 18 10a-2p: Oklahoma Breastfeeding Hotline 10th Birthday Party at the Healthy & Strong Expo
OU Children's Physicians Atrium, 1200 Children's Ave,
Oklahoma City

February

Feb 1: Medical Marijuana in Oklahoma
Contact Kathryn-konrad@ouhsc.edu if interested

Feb 2, 12-2p: COBA Baby Café Grand Opening
Cole Community Center, 4400 NW Expressway, OKC,
73116
Website: www.okbreastfeeding.org

Feb 14, 8:30-10:30a: Preparing for a Lifetime (PFLT), It's Everyone's Responsibility
Oklahoma State Health Dept (OSDH), OKC
Room 328 - Overflow room 405

Feb 21, 10-11:30a: PFLT Breastfeeding Work Group
OSDH Rm 915
Contact info@okbreastfeeding.org or workgroup co-lead nancyb@health.ok.gov for call in information

Feb 22, 8a-5p: 7th Annual Becoming Baby Friendly in Oklahoma (BBFOK); Samis Education Center OUHSC
Please go to <https://obrc.ouhsc.edu/Events-Training/BBFOK-Summit> to register

March

March 8: Immunizations throughout the Lifespan
If interested please visit
<https://nursing.ouhsc.edu/Continuing-Education>

Do you have an upcoming event you would like us to share?
Please email us to include in our NEXT quarterly newsletter, will accept events from dates from Dec 2017 to Feb 2018.
Please email date, time, location, and contact info to obrc@ouhsc.edu.



Extra! Extra! ABM has recently updated two of their key protocols as of 2018. Please check them out below and distribute as applicable.

ABM Protocol #9 Galactagogues

ABM Protocol #12 NICU Transition

PUBLIC COMMENT OPPORTUNITY

Currently, the US Dept of Health and Human Services is allowing for public comment on Healthy People 2030. Right now the proposed objectives for Healthy People 2030 only has ONE breastfeeding objective. This is a HUGE decline from Healthy People 2020, which included EIGHT breastfeeding objectives (one of which had four sub-objectives).

To ensure momentum and support of breastfeeding, please comment. Note commenting is NOT lobbying. Submissions are due by Jan 17.

[CLICK HERE TO COMMENT](#)

CONGRATULATIONS!

OBRC is excited to announce that the new Core Curriculum for Interdisciplinary Lactation Care ([link here](#)) won a national book award from the American Journal of Nursing. Edited by our very own Becky Mannel.

[Read more about it here.](#)