



National Breastfeeding Month Webinar Series

***Expanding Lactation Care:
Incorporating Inclusion into Professional Practice***

Provided by the Partnership for Maternal and Child Health of Northern New Jersey

Live webinars will be held every Thursday in August, 2:00 to 3:00 pm EST

**Webinar #1: Checking Problematic Narratives and Services
Against LGBTQ+ Individuals in Lactation**

August 5th, 2021

Course Description

Research has shown that the LGBTQ+ community is more likely to report experiencing discrimination because of their sexual orientation. This intersects with the lack of access to quality care for one's wellness by centering around decreased chances of receiving affirmative and inclusive support from birth working providers. This workshop provides absolutely no "cookie-cutter" way of informing and educating the importance of being inclusive and affirmative in lactation support. This is to check, correct, and collect problematic narratives that cause harm to a community that continues to remain marginalized. Participants will be informed on the harmful practices that are presented daily in birth work and while serving LGBTQ+ individuals in need of safe and uplifting spaces. Participants will learn ways to dismantle toxic narratives and services to transform their practice and skills to be fully inclusive and affirmative.

Presenter

Mystique Hargrove, MS, CFSD, CLE, CBE, Ph.D. Student

As the creator and owner of Black Birth Healer, Mystique Hargrove provides birth work and full-spectrum services for Black/IPOC, LGBTQIA+, and other marginalized communities. She facilitates consultations and instructs classes centered on inclusivity, intersectionality, perinatal, postpartum, mental health, holistic wellness, and herbal medicine. Mystique also instructs and facilitates classes centered around evidence-based research for birthing and postpartum individuals, families, and professionals. They bring a background in breastfeeding support and ten years' experience in mental health and wellness.

Learning Outcome

At the conclusion of the program, the participants will self-report knowledge gain related to incorporating inclusive and affirmative language and care when working with LGBTQ+ individuals and intent to change practice by including information or tools presented into professional practice.

**Webinar #2: Unlearning Obesity, Learning Fatness: Caring for
the Fat Perinatal Client with Respect and Competence**

August 12th, 2021

Course Description

Fat people receive sub-par medical care from deeply biased providers in all settings, including before, during, and after pregnancy. This course will teach the perinatal care provider how to care for their fat clients without causing harm. It will educate on the myths and the facts about fatness, both medically and socially. It will discuss the ways in which perinatal care providers typically fail their fat clients, and it will provide methods for changing practice to provide unbiased, respectful, and competent client care.

Presenter

Kristin Vaught Cavuto, MSW, LCSW, IBCLC

Kristin Vaught Cavuto is a Licensed Clinical Social Worker and an International Board Certified Lactation Consultant in private practice in central New Jersey. Her practice specialties are low supply, maternal and infant mental health, and the intersection of ethnicity, sexual orientation, and gender in the care of the new family. Kristin is a frequent speaker for regional and national conferences and media.

Learning Outcome

At the conclusion of the program, the participants will self-report knowledge gain related to caring for fat individuals without causing harm and intent to change practice by including information or tools presented into professional practice.

Webinar #3: Supporting Lactation in Latinx Birthing Families

August 19th, 2021

Course Description

The COVID-19 pandemic has highlighted and exacerbated the inequities that already existed with communities of color. This session will provide an opportunity for participants to identify institutional barriers in perinatal care and lactation for Latino birthing families. Participants will be able to list opportunities to address barriers to supporting lactation in communities of color and identify resources for addressing institutional and systemic racism.

Presenter

Brenda Reyes, RN, CLC

Brenda Reyes is a bilingual registered nurse and certified lactation counselor. As the Program Specialist Lead: Peer Lactation Services for HealthConnect One (HC One), she has over 15 years of experience working with diverse organizations to create and implement peer support programs for birthing families. Her work centers and engages communities every step of the way. In 2020, her Op-Ed on *Why Community-Based Doulas Are A Lifeline for Latinas* was featured in HipLatina.com. Her work was also spotlighted in Prism and WellnessandGood.com article. Recently, she was also featured in Telemundo's *Mujeres Imparables* by Telemundo for her work in maternal and child health. In 2011 – 2012, Brenda worked on Communities Putting Prevention to Work and on Chicago's Healthy Places initiative and co-created Hospital Breastfeeding Toolkit for Illinois' State Perinatal Breastfeeding Quality Improvement Project. She led HC One's National Birth Equity Leadership Academy (BELA) Community Projects Initiative. Currently, she serves as HC One's representative to the United States Breastfeeding Committee (USBC). She has served as elected board member of USBC and currently serves as a board member at the NAPPLSC. She participated in the Center for Social Inclusion's National First Food Racial Equity Cohort.

Learning Outcome

At the conclusion of the program, the participants will self-report knowledge gain related to identifying and addressing barriers to supporting lactation in Latino birthing families and intent to change practice by including information or tools presented into professional practice.

Webinar #4: Understanding Experiences of Bias in Hospital Lactation Support from African American and BIPOC Women: Data from an 18-month study of the IRTH project

August 26th, 2021

Course Description

Implicit bias has been well documented as directly linked to the black maternal mortality crises and high rates of black infant deaths (Alkema et al. 2016). There is an underlying issue that drives black maternal/ infant mortality; systemic racism that leads to biased care that does not support healthy pregnancy, birth and successful breastfeeding for black women. This session will focus on discussing a review of an 18-month online survey as well as an on the ground collection campaign to examine hospital birthing experiences and perceptions of lactation support by African American and BIPOC women in Detroit, New York City, New Orleans, Sacramento, the Metro DC area as well as nationally.

Presenter

Kimberly Seals Allers

Kimberly Seals Allers is an award-winning journalist, author of five books, and maternal and infant health strategist. She is the founder of Irth, as in Birth but without the B for bias, a doctor and hospital review and rating app for Black and brown parents, designed to address racism and bias in maternity and infant care. Kimberly is also the host of Birthright, a podcast about joy and healing in Black birth. A former senior editor at Essence magazine, her most recent book, *The Big Letdown--How Medicine, Big Business and Feminism Undermine Breastfeeding* was published by St. Martin's Press in 2017. Kimberly's upcoming book, *Birthing in Colour: The Black Mother's Guide to Pregnancy, Birth & Breastfeeding* will be published by Pinter & Martin in 2022.

Learning Outcome

At the conclusion of the program, the participants will self-report knowledge gain related to how biased care impacts the healthy pregnancy, birth and successful breastfeeding for black women and intent to change practice by including information or tools presented into professional practice.

Target Audience

Perinatal nurses, lactation consultants, and other lactation support and perinatal health professionals

Disclosure/Commercial Support

The planners do not have any conflicts of interest to report for this activity. Kimberly Seals Allers has disclosed that she may discuss her book "The Big Let Down: How Medicine, Big Business, and Feminism Undermine Breastfeeding". No bias has been identified in the presentation. Mystique Hargrove, Kristin Vaught Cavuto, and Brenda Reyes have nothing to disclose. There is no commercial support for this activity.

Successful completion

To receive contact hours for each individual continuing education program, the registrant must sign-in for the webinar, attend the entire presentation and complete and submit an evaluation. A certificate of completion will be distributed for each session within one week of receipt of the evaluation.

Three months following the program, attendees will be expected to complete an on-line follow-up survey to assess long term impact of the education provided.

Continuing Nursing Education Contact Hours

Each individual program has been awarded 1.0 contact hours.

The Partnership for Maternal and Child Health of Northern New Jersey is approved as a provider of nursing continuing professional development by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P194-2/2023

Approval status does not imply endorsement by the Partnership for Maternal and Child Health of Northern New Jersey, NJSNA or by ANCC of any commercial products discussed/displayed in conjunction with the educational activity.

CERPS

Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiners.

Registration: For more information and to register, please visit www.pmch.org/professional-education-programs/

Questions? Contact Sarah Muller-Robbins at srobbins@pmch.org