

Arizona Breastfeeding Committee

Meeting Minutes

December 18, 2019

Present: 11 Participants: Beyauna, Marissa, Angela, Renee, Brooke, Heather Evans, Ora Nez, Rosemary Balza, Sarah Sharer, Lexine

Next meeting: January 11, 2019

I. Announcements

Breastfeeding law cards printed and available

Checking Acct Balance: \$1239.38

II. Discussion

Discussed different committees

Social Media/ Photography: Important to take photos, so we have the legal right to use them on our social media.

Legislation committee:

- Looking for increased awareness of paternal and maternal leave.
- Highlight changes to law relating to breastfeeding rooms in airports
- Increase awareness of important legislation that effect breastfeeding parents

MEMBERSHIP:

Want to increase membership/ reach

- \$ 20 membership gives access to webinars and advertising via website and social media
- Organizational membership \$75

EVENTS

- LatchAZ January: Speaker Kimberly Seals Allers
- Healing Touch conference (Tucson), March
- USBC, May
 - o 1st time coming to the west coast
 - o ABC serving as volunteers and room monitors
 - o Meetings are about Networking, Policy and Advocacy

- ABC will be in charge of Arizona poster presentations potential submissions by AZDHS re: BF Hotline, change in Peer Counselor program, virtual consults
- Dr. Agarwal's conference, May
 - Monies from conference to be donated to ABC
 - Request to present or table

Jennie Bever presented on her organization and the upcoming Fourth Trimester Conference. She started as a PhD researcher → lactation consultant → lactation researcher at ASU → Started 4th Trimester Arizona

4th Trimester is the 3 months after birth. It's unique because human babies are more immature than any other mammals on the planet. Moms are physically recovering while relationship dynamics are changing. We know we need a village because we lost a lot of the connections that women used to have in this country. The purpose of 4th Trimester is to re-create the village here in AZ. The goal is to fill in the gap for parents immediately post –partum. Sessions include: Care and healing for mom, yoga, dance, body workers, energy workers, sex after baby. There are opportunities for sponsors, for those unable to attend the conference. Businesses can also purchase “gift” tickets

- Many people are so used to not receiving help, that they don't know how to ask for it.
- More than 94% of maternal/child health funds support children, little to no help for parents in
- US has the highest rate of maternal mortality in the developed world
- Steadily increasing maternal mortality rate

III. To Do

- Request table at 4th Trimester Conference
- Request table at Dr. Agarwal's conference