Information

CLC Training coming to Iowa

The Healthy Children’s Project Center for Breastfeeding will be conducting a Lactation Counselor (CLC) training July 17 - 21, 2017, in Cedar Falls, Iowa. For more information and to register for the training, visit http://www.healthychildren.cc/clc.htm.

Learning Opportunity

Please see the flyer on the last page of this issue of Friday Facts for information regarding the 2017 National Maternal and infant Nutrition Course through the University of Minnesota. FNS and MCH Bureau are the sponsors of this course. Some current topics of interest to maternal and child nutrition programs will be discussed this year. For any question about this course, the contact information is provided on the flyer.

Dates to Remember

June:

NETC Go-To-Meeting (All new staff) – June 1, from 8:30-11:30 (Connie and Nikki)
NETC Go-To-Meeting (Health Professional) – June 14, from 8:30-11:30 (Nikki and Charlie)
NETC Go-To-Meeting (Support Staff) – June 21, from 8:30-11:30 (Connie and Nikki)
NETC Go-To-Meeting (Health Professional) – June 28, from 8:30-11:30 (Connie and Nikki)

July:

NETC Go-To-Meeting (All new staff) – July 13, from 8:30-11:30 (Nicole and Nikki)
NETC Go-To-Meeting (Health Professional) – July 20, from 8:30-11:30 (Charlie and Caryn)
NETC Go-To-Meeting (Support Staff) – July 27, from 8:30-11:30 (Connie and Nikki)

August:

NETC Go-To-Meeting (All new staff) – August 10, from 8:30-11:30 (Nicole and Caryn)
NETC Go-To-Meeting (Health Professional) – August 17, from 8:30-11:30 (Charlie and Caryn)
NETC Go-To-Meeting (Support Staff) – August 24, from 8:30-11:30 (Connie and Caryn)

September:

NETC Go-To-Meeting (All new staff) – September 14, from 8:30-11:30 (Nicole and Caryn)
NETC Go-To-Meeting (Health Professional) – September 21, from 8:30-11:30 (Nikki and Charlie)
NETC Go-To-Meeting (Support Staff) – September 28, from 8:30-11:30 (Connie and Caryn)

October:

NETC Go-To-Meeting (All new staff) – October 11, from 8:30-11:30 (Nicole and Charlie)
NETC Go-To-Meeting (Health Professional) – October 18, from 8:30-11:30 (Nicole and Caryn)
NETC Go-To-Meeting (Support Staff) – October 25, from 8:30-11:30 (Connie and Caryn)

November:

NETC Go-To-Meeting (All new staff) – November 9, from 8:30-11:30 (Nicole and Charlie)
NETC Go-To-Meeting (Health Professional) – November 16, from 8:30-11:30 (Nicole and Caryn)
NETC Go-To-Meeting (Support Staff) – November 23, from 8:30-11:30 (Connie and Caryn)

Please note: all webinars will take place in Room 479 Lucas Building, IDPH.
Thank You of the Week

"To me and my family, WIC is worth a lot more than the $100 it saves us on groceries every month. It has laid the foundation for healthy eating habits for years to come. At times, it forced me to get creative with beans and rice and I am grateful for that. Whole wheat bread was never something I would voluntarily buy, and now if I'm out of WIC checks, I still only buy 100% whole wheat bread. If I find myself in the position of needing to buy juice, I will settle for nothing less than 100% juice. What I'm saying is that these eating/purchasing habits are bound to continue even past the period of time my family is receiving benefits. That's what it's all about." - WIC Participant, IA
WIC Works Resources of the Week:

This is a nice little Q&A from ACOG regarding teenage pregnancy.
http://www.acog.org~/media/For%20Patients/faq103.pdf?dmc=1&ts=20120713T1112093396

Participant Centered Services:

These are the most significant emotional drivers that have been uncovered and a little bit about them.

Heart Buttons Identified:

Control- The ability to manage such challenges as finances, health, and safety for oneself and one’s family.

Reinvention- Inventing a different and better life for oneself and one’s family.

Status- Achieving for oneself and one’s family a desired level of acceptance, belonging, and positive perception from peers and community.

Family Values- Positive attitudes, beliefs, and behaviors generally transmitted from parent to child.

Belonging- A feeling of security resulting from shared connections with a group or community.

Fun- Sharing humor, laughter, enjoyable activities, and good times with others.

Sex, love, romance- The components of a satisfying, intimate relationship resulting from mutual physical and emotional attraction.

Self-achievement- Attaining personal goals as a result of one’s individual effort, actions, and abilities.

Stimulation and Novelty- The thrill of discovery, fresh thinking, and the unexpected, all of which help to relieve boredom and may improve quality of life.

Nurture- The unselfish practice of giving care, support, comfort, and encouragement to someone else.

Wish fulfillment- The realization of hopes and dreams by using those hopes and dreams as motivation.

Idealistic Principles- Strong beliefs held because they are felt to be humane, high-minded, or “right” rather than practical or popular.

Power and Influence- The ability to shape the thoughts and behaviors of others for one’s personal fulfillment.

Recognition- Receiving compliments, admiration, or honors from others as a result of one’s actions, abilities, and achievements.

Check back in next week’s Friday Facts for the top 3 heart buttons that our WIC moms identify with! Can you guess which ones?
## Available Formula

<table>
<thead>
<tr>
<th>Product</th>
<th>Quantity</th>
<th>Expiration Date</th>
<th>Agency</th>
<th>Contact</th>
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</thead>
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<tr>
<td>Neocate</td>
<td>6 Cases</td>
<td>3/19/17 to 6/18/17</td>
<td>Johnson Co.</td>
<td>Chuck Dufano (319) 688-5863</td>
</tr>
<tr>
<td>Enfagrow Toddler Transitions Soy</td>
<td>2 cans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enfragrow Toddler Transitions Milk</td>
<td>3 cans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RCF Concentrate</td>
<td>11 cans</td>
<td>5/17</td>
<td>Webster Co.</td>
<td>Kathy Josten, LD CBE (515)573-4107</td>
</tr>
<tr>
<td>Eternal Pediasure Vanilla</td>
<td>112 cans</td>
<td>7/17</td>
<td>Scott County</td>
<td>Deb Dodson (563) 366-7632</td>
</tr>
<tr>
<td>Beneprotein</td>
<td>4 cans 8oz. PWD</td>
<td>2 cans 8/2017 2 cans 10/2017</td>
<td>HACAP</td>
<td>Angela Munson (319) 366-7632</td>
</tr>
<tr>
<td>RTU Neosure</td>
<td>26 containers</td>
<td>9/17</td>
<td>Upper Des Moines</td>
<td>Tammy Chapman, RD, LD (712) 859-3892</td>
</tr>
<tr>
<td>Enfaport Infant 6oz bottles</td>
<td>10 six-packs plus 5 bottles (65 bottles total)</td>
<td>January 16, 2018</td>
<td>Webster County</td>
<td>Susan Freeman (515) 573-4107</td>
</tr>
<tr>
<td>Vivonex Pediatric powder</td>
<td>13 boxes each with 6 - 1.7oz. packets and an additional 5 packets</td>
<td></td>
<td></td>
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<tr>
<td>category 41 subcategory 216</td>
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<tr>
<td>Similac PM 60/40</td>
<td>10 cans</td>
<td>November 2018</td>
<td>Marion County WIC</td>
<td>Jessica Johnson 641-828-2238 ext. 225</td>
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</table>
2017 Iowa Breastfeeding Conference

Speakers:

Melissa Cole, IBCLC, RLC is a board-certified lactation consultant, neonatal oral motor assessment professional and wellness clinician in private practice. Melissa is passionate about providing comprehensive, holistic lactation support and well as speaking and writing on these topics. She is dedicated to improving the level of clinical lactation skills for aspiring lactation consultants. Melissa provides lactation intensive workshops to healthcare professionals. She is also an adjunct professor at Birthingway College of Midwifery in Portland, Oregon where she teaches advanced clinical lactation skills.

Liz Brooks, JD, IBCLC, FILCA, is a lactation consultant in private practice (since 1999) and a lawyer (since 1983). Her Visual Language PowerPoints transform the dry, dusty bullet-point world of law and ethics into image-packed, active sessions. Before opening her private practice as an IBCLC lactation consultant, Liz worked as a criminal prosecutor, child advocate, Congressional lobbyist, and federal litigator. Her legal expertise is in ethics, lobbying, administrative and criminal law. Today, Liz offers in-home and hospital-based IBCLC care, and teaches/lectures around the world. She knows the challenges faced each day by lactation consultants and healthcare providers.

Alyssa Schnell, MS, IBCLC, has been helping mothers and babies in the St. Louis area with breastfeeding for the past 14 years, first as a La Leche League Leader and now as an International Board Certified Lactation Consultant (IBCLC). She works in private practice and also co-hosts the podcast, Breastfeeding Outside the Box. Her practice, Sweet Pea Breastfeeding Support, provides prenatal, pre- adoption/surrogacy, and postpartum lactation consultations, as well as breast pump sales and rentals. Alyssa enjoys working with all mothers and babies, but she has an extra special place in her heart for helping mothers through adoption and surrogacy to breastfeed their babies. She is the author of Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers Through Adoption, Surrogacy, and Other Special Circumstances and has been featured in Adoptive Families magazine, The Journal of Human Lactation, and The Journal of Clinical Lactation. Alyssa is the proud mother of three breastfed children, two by birth and one by adoption.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
2. Fax: (202) 690-7442; or

E-mail: program.intake@usda.gov

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SAVE THE DATE

Iowa Breastfeeding Conference

WEDNESDAY, MAY 17 AND THURSDAY, MAY 18, 2017

Airport Holiday Inn Conference Center
6111 Fleur Drive, Des Moines, IA 50321

Register online or learn more at www.blankchildrens.org/classes. Click on the Medical Conference category to find conference listings. Registration will only be available online.

For additional information, contact Mindy Brightman at Melinda.Brightman@unitypoint.org or (515) 241-8205.

www.blankchildrens.org/classes
Melinda.Brightman@unitypoint.org
2017 National Maternal and Infant Nutrition Intensive Course

August 16–18, 2017
Minneapolis, Minnesota
cceevents.umn.edu/mnic

This continuing education program focuses on the improvement of maternal and infant health through the delivery of risk-appropriate, high-quality nutrition services. It is designed for dietitians, nutritionists, certified nurse midwives, registered nurses and nurse practitioners, physicians, and public health professionals who serve preconceptual, pregnant, postpartum, and breastfeeding women.

Visit cceevents.umn.edu/mnic to learn more and to register for the course.

Conference Topics

- Mindfulness for Work and Daily Resilience for the Health Care Provider (New This Year!)
- Diet, Depression, and Sleep in Pregnant and Postpartum Women
- Relationships between Adverse Childhood Events and Weight in Women
- Cannabis Use in Pregnancy: Clinical and Policy Implications
- Social-Ecological Model of Factors Affecting Breastfeeding Initiation and Duration
- Telehealth Interventions for Pregnant and Postpartum Clients
- Perinatal Diet, Inflammation, and Brain Development
- Fatty Acids in Pregnancy: An Update
- Inflammation, Infection, and Pregnancy: An Epigenetic Perspective
- Effects of Malnutrition on Pregnancy Outcomes and Breastfeeding
- Infant Feeding Guidelines

Distance Learning Opportunities

Distance education options will be available for certain sessions for a three-month period following the course.

The National Maternal Nutrition Intensive Course is supported in part by:

Food and Nutrition Services, US Department of Agriculture, under Grant Agreement No. WIC-UNIV.MN-17. Financial support of this course provided by the Food and Nutrition Service cannot be interpreted as an endorsement of the views presented by the course speakers.

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