

MONTHLY UPDATES

Genesee County Maternal Child Health Network

Thriving Communities
Embracing a Culture of Health

A NEWSLETTER FROM THE GENESSEE COUNTY MATERNAL CHILD HEALTH NETWORK



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Honoring every journey.
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NATIONAL BREASTFEEDING MONTH

Into Every Drop: honoring every breastfeeding journey

August was declared National Breastfeeding Month on August 6, 2011 by the U.S. Breastfeeding Committee. The month begins with World Breastfeeding Week and is followed by three weeks celebrating different cultural practices around breastfeeding, including Indigenous peoples. **The final week each year is Black Breastfeeding Week (August 25 - 31)**, celebrating 10 years this month.

On August 1, Governor Whitmer proclaimed August Breastfeeding Month in Michigan. The Governor's proclamation points out the importance of supporting breastfeeding, not as a lifestyle choice, but as a **"racial equity and public health imperative"** that all families should be supported in doing. She goes on to reiterate the need for addressing systemic barriers including paid family leave and culturally sensitive breastfeeding support. Finally, she cites the many benefits of breastfeeding for parent, child, and society as a whole, as well as the fact that **breastfeeding in public is protected** by the 2014 "Breastfeeding Anti-Discrimination Act."

The Michigan Women, Infants and Children (WIC) program is celebrating with a campaign titled "Into Every Drop." **On August 29th, Michigan WIC is hosting a webcast to celebrate Black Breastfeeding Week and discuss black breastfeeding in Michigan. Register here: <https://bit.ly/3dGQ2mU>.** Genesee WIC offers breastfeeding support in many ways including free access to lactation consultants and peer counselors and the SMILE Club! (see p. 2)

More on Breastfeeding Month: www.usbreastfeeding.org/ | More on Michigan WIC Breastfeeding Month: <https://bit.ly/3pnLpAA>



“Breastfeeding can impact the health of families for generations to come.”

Shonte' Terhune-Smith, BS, IBCLC
YOLO Lactation & Doula Services
No Mom left Behind Clinic



BREASTFEEDING SUPPORT IN GENESEE

Celebrating and supporting moms in Genesee County

Both World Health Organization (WHO) and the American Academy of Pediatrics (AAP) recommend infants be breastfed exclusively for the first 6 months of life with continued breastfeeding through age 2 and beyond, if desired. However, according to the CDC National Immunizations Survey, for Michigan babies born in 2019, only 53% were still being breastfed at 6 months. Two local organizations are working to increase breastfeeding and infant health outcomes in Genesee County: Genesee County Women, Infants, and Children (WIC) and YOLO Lactation & Doula Services. Both organizations offer their breastfeeding support services to all Genesee County residents, free of charge.

WIC BREASTFEEDING EDUCATION & SUPPORT

Breastfeeding education and support services are available through the Genesee WIC clinic; **these services are FREE and available to ANY pregnant or breastfeeding mom in Genesee County.** The clinic provides educational resources, in-person or virtual breastfeeding support, and compassionate counseling because all the staff have been breastfeeding mothers too; moms can even earn rewards for breastfeeding and pumping through the SMILE Club (Supporting Mothers in Lactation Efforts)! Work with a Breastfeeding Peer Counselor to learn about the many benefits of breastfeeding for both mom and baby, take a breastfeeding class, and get a pumping plan if you're returning to work or school after baby. Moms can also work with a Breastfeeding Community Liaison - a Certified Lactation Counselor (CLC) - that can help provide support in the hospital after delivery, in the home, at community events, and virtually.

Breastfeeding and pumping moms can also join **The SMILE Club (Supporting Mothers in Lactation Efforts)** - a club for all breastfeeding and pumping moms living in Genesee County. Club members can earn points for breastfeeding efforts, keeping health appointments, going to parenting or breastfeeding classes, and many other activities they already do to keep themselves and their baby healthy. Members cash in points to get free breastfeeding and baby items like nursing bras, diapers, car seats, strollers and more! Residents can visit the WIC Clinic to join ([G-3373 S. Saginaw St., Burton, MI 48529](https://www.gchd.us/g3373-s-saginaw-st-burton-mi-48529) or call (810) 237-4537!

Work with a Peer Counselor: (810) 237 - 4606 | Work with a Community Liaison: (810) 237 - 4550

For more on this program, visit www.gchd.us/breastfeedingsupport

WIC is a no-cost Supplemental Nutrition and Education Program that helps families eat well and stay healthy. WIC clients have access to many services including reduced price formula and nutritious foods, nutrition counseling and education, breastfeeding education and support, and health care referrals. *This institution is an [equal opportunity employer](#).

YOLO LACTATION & DOULA SERVICES

YOLO - **You Overcoming Lactation Obstacles** - was founded in 2017 by Shonte' Terhune-Smith, a local IBCLC (International Board Certified Lactation Consultant), doula, and certified childbirth educator. **YOLO provides FREE services to Genesee County families and works with them to reach their feeding goals in a way that meets their unique family needs.** An *Initial Consult* with YOLO includes intake and breast assessment, oral assessment of baby, pre/post feeding weight check, feeding observation, education on nursing positions, flange fitting and pump education, a customized care plan, and referrals when needed. YOLO also offers follow-ups, returning to work plans, doula services, breastfeeding and childbirth classes, and courses for professionals and community organizations.

YOLO recently launched the "No Mom Left Behind Clinic" to serve both prenatal and postpartum moms. The care team includes an IBCLC, Nurse Practitioner, Occupational Therapist, and Midwife. The clinic, although centered in lactation, will support hypertension issues, screen for postpartum mood disorders, provide classes, referrals, and support groups for NICU and postpartum mood disorders. **All of these services are free for Flint/Genesee County families** and there are no special requirements to obtain services such as income or insurance. The clinic is by appointment only and is open Monday through Saturday.

For more on this program or to schedule an appointment, visit <https://yolobreastfeeding.org/> or call (810) 213 - 0090.

"It was important to me to start an organization in the community that addressed the health and social barriers that impact the duration of breastfeeding. Breastfeeding can impact the health of families for generations to come. It is important that care if possible is reflective of the community. Representation matters! It brings me joy to support every family in reaching their birth and breastfeeding goals."

Shonte' Terhune-Smith, BS, IBCLC YOLO Lactation & Doula Services
No Mom left Behind Clinic

NETWORK PARTNERS

Answer Center for Women; Ascension at Home - MIHP; Communication Access Center; Community Foundation of Greater Flint; Department of Health & Human Services - Prevention; Genesee County Health Department*; Genesee Healthy Start; Genesee County WIC; Genesee Intermediate School District; Greater Flint Health Coalition; Genesee Health Plan; Local Leadership Group; The Luke Clinic; McLaren Flint; Michigan United; MIRACLE Project (MSU); MSU-Extension; Pediatric Public Health Initiative - Michigan State University/MSU, Hurley Children's Hospital; Revive Community Health Center; Voices for Children Advocacy Center, YOLO Lactation & Doula Services; YWCA of Greater Flint

*Coordinating Organization

Want to join us? Fill out this [brief survey](#) and the Coordinator will be in touch with you shortly!

<https://www.surveymonkey.com/r/networkjoin>



Upcoming Events

Additional events may be listed @ www.gchd.us/services/mchnetwork

AUG. Community 26 Resource 11 AM - 1 PM Connection

This session will bring together local **programs and organizations** to share information on what they offer, who is eligible, and how to easily connect to these services. Come learn about the many programs available to families throughout Genesee County.



You'll receive a resource guide that includes program descriptions, eligibility, contact information/locations, and links!

FREE, VIRTUAL PRESENTATION REGISTER TODAY
Zoom registration is required: <https://bit.ly/3a6ZFK2>
- OPEN TO ALL! FOR MORE INFORMATION, CALL 810-257-3435



In Michigan, a baby dies every 3 days from sleep-related causes. Sleep-related infant death is the leading cause of death among infants under 1 year.

FREE & VIRTUAL INFANT SAFE SLEEP TRAINING

Are you a parent, grandparent, or caregiver for an infant under 1 year old or are you expecting a baby?

Learn about creating a safe sleep space and reducing the risk of sleep-related infant death!

Date: September 15th | 12pm - 1pm

Join us for a FREE, VIRTUAL, infant safe sleep training on Zoom! Learn about current infant sleep recommendations and how to implement these in your home. Training is open to all parents, caregivers, community members, and maternal child health professionals.

REGISTER HERE: <https://bit.ly/3sAOsXm>

*Trainings are offered monthly on the third Thursday; individual or group trainings are also available.

For more information, call (810) 257 - 3435

Offered by  GENESSEE COUNTY HEALTH DEPARTMENT



Addressing Maternal Mortality Disparities Workshop: What can you do?



Date: September 16th | 9am - 5pm

Join the MSU MIRACLE project for this FREE zoom workshop! Participants will better understand the sources and determinants of maternal health disparities and brainstorm ways they can tailor their practices and settings to better meet the needs of pregnant and postpartum African American women.

Who should attend? Health care or social service providers who work with pregnant or postpartum women in Genesee and Kent County.

REGISTER HERE: <https://bit.ly/3T10lg3>

*Registration is required to join the workshop

For more information, email fleesmor@msu.edu

Free workshop via zoom based on a CDC Center of Excellence program developed in Flint Michigan. Racism serves as a root cause in maternal mortality and other health disparities in the African American community.

Planning an event for moms, children, or families? Let us know!
Submit your events today: <https://www.surveymonkey.com/r/mchevents>
All events will be published in our monthly newsletters; for more information, call 810-257-3435