



**Local agency Breastfeeding Coordinators Meeting Summary  
September 24, 2021**

[Join Microsoft Teams Meeting +1 860-840-2075](#) United States, Hartford (Toll) Conference ID: 189 802 185#

**12:00-3:00pm**

12:05pm -12:15pm	Content Sheets status	Please provide final comments on the Weaning Content Sheet by Wednesday, October 6 <sup>th</sup> .	All
12:15pm-1:00pm	Galactagogues	<p>The subject of Galactagogues came up in recent monitoring observations and on the August peer counseling call. Due to this topic being relevant to some of our participants and various products in the marketplace advertised to boost “milk supply” The group discussed what participants are using and what staff is providing as feedback. Several WIC IBCLC provided their recommendations re: use of galactagogues and the consensus was that when participants bring up this topic, it goes back to identifying if removing milk from the breast is occurring. As we all know, WIC staff are not prescribers and currently there is no FDA approved galactagogue available in the US. There are no WIC Federal regulations on galactagogues, but they are not allowable costs and cannot be purchased with WIC funds. Further, WIC staff cannot recommend or advise on this topic d/t scope of practice. As indicated in the <a href="#">ABM Clinical Protocol #9: Use of Galactagogues in Initiating or Augmenting Maternal Milk Production, Second Revision 2018 (bfmed.org)</a>, there are pharmaceutical galactagogues that require in the US off-label prescription from a medical provider as well as used under medical supervision and should involve an IBCLC to ensure that there is adequate milk removal. Various foods, herbs and beverages recommended and used throughout history, there is little scientific evidence of their</p>	LG/ML and local IBCLC's

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		<p>effectiveness and safety. It is important to not dismiss cultural or familial traditions and value related to use of foods, drinks and herbs and WIC staff should ensure they are properly documenting conversations and referring participants back to the health care team and IBCLC regarding these practices. The most important conversation that WIC staff can have when a mom reports concern of low milk supply, is to ask open ended questions about milk removal and the mom's reasoning for thinking her supply is low. It may also be good to review the infant's growth as a reinforcement of supply. However, in cases where an infant isn't gaining well, a review of milk removal, method of feeding i.e., at breast or expressed and referral to the WIC IBCLC, DBE or community lactation support as well as the pediatrician is warranted.</p> <p>Based on the increased availability of products that claim to enhance milk on the market, we plan to develop a content sheet on this topic to assist WIC staff in having these important conversations.</p>	
1:00pm-1:15pm	Gold Award reflections and WBM/WBW debrief	Lori shared about the USDA Gold WIC Breastfeeding Award of Excellence. East Hartford and New Haven were awarded this year. She shared pictures and our warm thoughts and congratulations.	LG
1:15pm-1:30pm	DBE training discussion and final 2021 and new 2022 meetings	Tabled to October meeting.	

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1:30pm-3:00pm	Content Sheet breakouts	Marilyn and Lori sent out emails to each of the groups: Exclusive Pumping and Update to Breast Pump Training	Groups
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**We will continue to meet virtually for 1 hour for the remainder of 2021 and in 2022. However, we have allotted 3 hours of time so local agencies can work on breastfeeding related projects or in case we are able to meet in person or need this time for training. Please plan schedules and budgets accordingly. If we cancel a meeting, please use the scheduled meeting time work on breastfeeding coordinator related duties.**

**2021**

- **Friday, October 22<sup>nd</sup>                    12:00-3:00pm                    Teams Meeting**
- **Friday, November 19<sup>th</sup>                    12:00-3:00pm                    Teams Meeting**
- **Friday, December 17<sup>th</sup>                    12:00-3:00pm                    Teams Meeting**

**2022**

- **Friday, January 21<sup>st</sup>                    12:00-3:00pm                    Teams Meeting**
- **Friday, February 18<sup>th</sup>                    12:00-3:00pm                    Teams Meeting**