

Breastfeeding Advocates of Sarasota County (BASC)



**DATE: Wednesday,
March 13, 2019**

**TIME: 3:30 PM
-5:00 PM**

PLACE: SCHD Rm 2063

ATTENDEES Jamee Thumm, *HS Coalition*; Mary O’Conner, *SMH*; Miranda Biset, *WIC*; Beverly Phelps, *Save My Life*; Rachel Slidell, *SMH Intern*; Juana Rodriguez, *Lactation Whisperer*; Pamela Strouhal, *WIC*; and Jen Chivas, *Lakewood Ranch Lactation*.

REGRETS Debbie Eldridge, Chelsea Arnold

MINUTES Jamee Thumm

MINUTES

A. Welcome and Introductions

1. Review of minutes from 1.9.19

B. Breastfeeding and Cannabis Products

1. Sarasota Memorial follows ACOG (The American College of Obstetricians and Gynecologists) & AAP (American Academy of Pediatrics) recommendations for policy development to ensure all providers are on the same page.
2. Use of any cannabis product no matter the method of ingestion (smoking, eating, skin – lotions or oils) is currently not recommended.
3. Even CBD oils can have a legal amount of THC (active ingredient) and do not need to be labeled as such. THC is stored in fat and breastmilk is fatty and easily transports THC to breastfeeding infant.
4. There is not enough research regarding CBD oil at this point so the recommendation is still to avoid during pregnancy and breastfeeding. Pump and dump until tests are negative.
5. Medical Marijuana is not prescribed during pregnancy or breastfeeding.
6. [Colorado Department of Public Health](#) was recommended as a good source of information.
7. Sarasota Memorial Hospital shared a [new handout](#) (on file) and [an article](#) was shared.

C. Managing Misinformation—discussion and sharing

1. WIC has a lot of limitations on making corrections and must refer to physician or pharmacist (ie. Discuss this with your healthcare provider).
2. Ask “where did you learn X?”
3. Discuss what the latest evidence says
4. When dealing with the media, use a case-by-case method. Sometimes it’s best to ignore, other times it’s important to address. The same for social media.
5. Refer to primary resources, guide to a reliable resource.
6. Validate and soften your response
7. Informed consent is paramount
8. Hold staff/people accountable for sharing accurate information.

D. Training and Conferences

1. [Northeast Florida Lactation Coalition](#)—"Breastfeeding and the Sleep Environment with Dr. McKenna" April 13, 2019, 6.75 CERPS, 7 CEUs, lunch, \$135.00, 8:00 am to 4:30 pm.
2. [Florida Breastfeeding Coalition](#) – "Bridging the Gap—Duration" Saturday, April 6, 2019 9:00 am to 5:00 pm, CEUs and CERPS pending, lunch included, Orlando, FL.
3. [LLL's webinar series](#) – quarterly webinars. Current topic: Torticollis and Jaw Asymmetry: Strategies for Assisting and Counseling the Breastfeeding Dyad
4. [NACCHO](#)— "Weaving a Lactation Care Safety Net: Creating a Breastfeeding Ecosystem" January 15, 2019 2-3pm, CE credits available.
5. [GOLD Lactation](#) – online April 1-June 3, 2019. \$225 (early) \$265 (regular).

E. BASC Member Updates

1. DOH—WIC
 - a. Recent resignation. Hiring Peer Counselors (shared survey and info in English & Spanish). 10-20 hours per week. Flexible schedule. Need reliable/dependable. Spanish speaking is ideal as they have no Spanish PC currently.
2. Healthy Start
 - a. Baby Showers are coming fast- exhibitors need raffle gift, fee for for-profit.
 - a) North Port – April 6th 10am-12pm. [Exhibitor application link here](#). (Flyers in English & Spanish shared). [Facebook event link here](#).
 - b) Sarasota – May 11th 10am-12pm. [Exhibitor application here](#). (Postcard in English & Spanish shared.) [Facebook event link here](#).
 - b. They continue to seek funding for Breastfeeding Groups. Groups will continue thanks to the generosity of the Peer Counselors who will continue to volunteer their time.
3. La Leche League (Jamee shared for her)
 - a. Evening meeting at Lucky's Market (3rd Monday of each month at 7:00 pm) is now open to fathers/partners.
 - b. Shared a handout on [Manual Expression](#) (on file).
4. Sarasota Memorial Hospital—BFF Project update (by Rachel Slidell)
 - a. Breastfeeding Friendly Project is going well. Many businesses are interested but no additional applications returned as of yet.
 - b. No major updates needed to materials.
5. Jen Chivas—has a space for moms support group in North Sarasota but further east as there are none that meet weekly. She will keep us updated and share once she gets rolling.
6. No additional member updates at this time.

**Next Meeting: Wednesday, May 8, 2019
3:30-5:00 PM SCHD Room 2063**