



Perceptions of Pain When Breastfeeding and Using Online Forums

The *International Breastfeeding Journal* reported a study's finding that pain exists as a key reason for breastfeeding cessation and that breastfeeding cessation is commonly associated with strong feelings of guilt. The study further found that online forums provide a unique form of social support for breastfeeding women to cope with their pain while showing an urgent need exists for more appropriate antenatal education regarding realistic expectations surrounding breastfeeding. The study noted a mismatch often exists between women's general expectations and the realities of breastfeeding along with a lack of support for emotional needs. Online discussion forums do have the ability to reach a larger number and variety of people. The study found online breastfeeding support (including forums) to be reassuring, empathetic, and more accessible for women in comparison to other traditional sources of breastfeeding support. The online support also strongly reduced feelings of isolation. The study concluded promising evidence exists that online peer support encourages sharing breastfeeding struggles, has emotional impacts, and provides normalization to women struggling with continuing breastfeeding. For more information, please visit <https://internationalbreastfeedingjournal.biomedcentral.com/articles/10.1186/s13006-021-00426-9>

Breastfeeding Medicine Podcasts

The Breastfeeding Medicine Podcasts are a series of podcasts hosted by Anne Eglash, MD, IBCLC who is a clinical professor in the Department of Family Medicine at the University of Wisconsin School of Medicine and Public Health along with Karen Bodnar, MD, IBCLC who is a pediatric hospitalist at Inova Children's Hospital and Assistant Professor of Pediatrics at Virginia Commonwealth University. These podcasts produced by the Institute for the Advancement of Breastfeeding and Lactation Education and Cosponsored by the Academy of Breastfeeding Medicine can be found at <https://podcasts.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927>. The podcast series began in 2011 with several episodes released each year. A large variety of topics have been covered, but just a few examples of recent ones have included: (1) Postpartum Hemorrhage & Inverted Nipples, (2) Review of Hypoglycemia & Breastfeeding, (3) Lactation Insufficiency & Obesity, Drug Treatment of Nipple Vasospasm, Finger Feeding vs Syringe Feeding, & the Association Between Breastfeeding & Breast Density.

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304
Mississippi Lactation Services, Dr. Christina Glick, M.D. 601-932-6455
The Infant Risk Center 806 352-2519 Dr. Thomas Hale's helpline for medications information
Merit Health Woman's Hospital Lactation Center 601-933-6180 or 601-933-6493

Free Education

January 7

9:30 a.m. – 5:00 p.m. Arizona Department of Health Services WIC Webinar: LATCH-AZ: Laurel Wilson Register at <https://docs.google.com/forms/d/e/IFAlpQLScDbjyy-rskzVojtMaGQuDy6KI9xRFqKzVJxn6zFD6DrRVyIA/viewform>

January 19

1:00 p.m. – 2:00 p.m. Medela Webinar. Register at <https://www.medela.us/mbus/professionals/Education/Programs/List/Format/2>

January 26

12:30 p.m. – 4:00 p.m. Delta Health Alliance Continuing Education Virtual Conference: Meet in the Middle Breastfeeding is in the Center of it All. Register at https://whova.com/portal/registration/confe2_202201/

Breastfeeding Classes

- Peer counselors are available to provide individual breastfeeding classes at all **WIC** clinics.

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New year is the
glittering light to
brighten the
dream-lined pathway
of future.”