



Options Available for Those Struggling From the U.S. Formula Shortage

Parents throughout the U.S. are struggling with shortages of commercial infant formula. The birth of a new baby can be exciting and overwhelming to new parents. The recent recalls and formula shortages are causing even more anxiety than ever for many families. WHO and UNICEF Global Strategy for Infants and Young Child Feeding recommend exclusive breastfeeding for the first six months of life and for breastfeeding to continue along with complementary feeding after that. The American Academy of Pediatrics states that commercial infant formula is a safe and suitable alternative for a family that is unable or chooses not to provide human milk; and, that human milk or commercially produced formula should be the primary source of nutrition through an infant's first year of life. Lactation care providers are being relied on to assist families through the current formula shortage. Healthcare providers must realize there is no single approach to this formula shortage emergency but instead that several safe options exist. Breastfeeding is a simple alternative; however, lactation care providers may need to assist mothers in maintaining or increasing their milk supply. Some parents may decide to attempt inducing lactation; lactation care providers will be needed to provide much help as this is not a quick fix nor is it always successful to replace all formula use. Donor milk is a very safe option for infants. Due to shortages of donor milk, however, it is more costly and sometimes reserved for NICU babies or those with special medical needs. Informal milk sharing may be considered an option by some parents. Lactation providers need to make sure parents are aware that, unlike banked human milk, the human milk in community-sourced milk sharing is not screened or pasteurized. As no testing takes place, those receiving the milk are responsible themselves for asking the donors about habits related to medications, diet, and substance use. Healthcare providers may need to discuss the possibility of switching brands or types of formula as options so that formula currently in stock can be used. Remember, all feeding decisions discussed with a lactation provider should also be discussed with the baby's primary care provider.

Free Education

June 14

2:30 p.m. – 3:30 IEBFC Monthly Check-In. Register at https://www.eventbrite.com/e/2022-monthly-check-in-meeting-tickets-238422115967?utm_source=IEBFC+Newsletter+and+Updates&utm_campaign=9a8534f062-534f062-EMAIL_CAMPAIGN_2020_03_30_02_49_COPY_25&utm_medium=email&utm_term=0_f709c9fd5f-9a8534f062-679492776mc_cid=9a8534f062&mc_eid=9fbada2e5b

June 15

1:00 – 2:00 p.m. Medela Webinar: Infant Pain Management: Can We Do Better in 2022? Register at <https://www.medela.us/mbus/for-professionals/Education/Programs/Detail/820>
1:00 – 2:00 p.m. NAACHD Webinar: Mixing Milk + Meds: Assessing Infant Risk during Breastfeeding. Register at https://heart.zoom.us/meeting/register/tZUrd-6orzksGdQ26NuKxU-EMNAVnaeKyLKK?xzm_rtaid=1c4Qw-ORIKD1g8DCz_5Aw.1653251471709.d9b6887fd95f5206649f2e321749ade66_xzm_rhtaid=815

June 21

Available On Demand. Great Lakes Breastfeeding Webinar: Loss and Grieving in Birth and Breastfeeding Spaces. Register at <https://mibreastfeeding.org/webinars/>

June 22

12:00 – 1:30 p.m. CHAMPS Webinar: Lactation Accommodations for Hospital Employees and Patients MS WINS (Workplaces Improving Nursing Support). Zoom link: <https://bostonmedicalcenter.zoom.us/j/99011608051>

Breastfeeding Classes

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

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

Mississippi Breastfeeding Coalition

- Meeting June 16, 2022 at 12:00 p.m. noon. Please join via Zoom. <https://us06web.zoom.us/j/85731755967?pwd=VzV0Z010ejNVZj1Tb2d6bktQRjRMdz09>
Password: 105645

