

BREASTFEEDING TIMES

JULY 2013

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Thrashing Out Thrush!

Jackie has been breastfeeding for 2 months now and after working out a few kinks in the early days, things have been going well. Today she started to nurse Baby Jay as usual when suddenly she started to feel a deep stabbing pain in her breast. She adjusted baby and tried to reposition and re-latch, but the pain persisted. She wondered if it was related to an infection that she had last week. She had been on antibiotics, but everything seemed to be fine now. This pain with nursing continued for a couple of days. At times it was so intense that Jackie considered weaning Jay. Upon the prompting of her support group, Jackie noticed that there were some signs of problems. Her nipples had been itching, and she had noticed Baby Jays 'milk tongue' seemed thicker than usual. She decided to see her doctor, who diagnosed her with thrush, a fungal infection caused by yeast.

What are the clues in Jackie's story that indicate she might have thrush?

Recognized Symptoms of Thrush

Mother

- Deep stabbing or burning pain moving throughout the breast near the end or after feeding (rule out improper latching)
- Pain in both nipples or breasts is common
- Itchy, flaky or shiny nipples (rule out allergies)

- Nipples redder or pinker than usual or areola blanching
- No fever present

Baby

- White patches on the surfaces of the mouth and tongue.
- Red diaper rash
- Reluctant infant feeding (e.g., arching away from the breast during feeding)
- Excessive tongue thrusting
- Short and erratic feeds

Both mother and baby should always be treated simultaneously.

Infant feeding during treatment

Women experiencing severe breast pain who are having difficulty breastfeeding their infant are advised to express their breast milk. Refer patients to appropriate health professionals for breastfeeding support during treatment for thrush.

Associated breast care and lifestyle measures

Women with breast and nipple thrush are also advised to take the following measures:

- Ensure the infant is properly positioned and latches onto the breast.
- Wash hands often and thoroughly especially before and after applying any creams.
- Wash clothing and materials that will come into contact with the breast in hot soapy water and air dry outside. Cotton bras are recommended.
- Keep the nipples dry. Do not use breast pads.
- Rinse nipples with warm water after each feed. Pat dry with a clean towel.
- Sterilize all pump parts, bottles, nipples and pacifiers by boiling for five minutes. ☞

NOTE:

We will not be publishing an August 2013 Breastfeeding Times.

REMINDER:

**CALIFORNIA WIC PROGRAM
BREASTFEEDING PEER COUNSELING STATEWIDE TRAINING**

SEPTEMBER 4-5, 2013

**SACRAMENTO CONVENTION CENTER,
1400 J STREET, SACRAMENTO, CA 95814**

To register, go to: <http://vista-survey.com/survey/v2/survey2.dsb?ID=5228472453>

If you have questions regarding the Statewide training, contact Geanne Lyons at geanne.lyons@cdph.ca.gov or call 916-928-8827.

Breastfeeding Aids Inventory



Each year local agencies are asked to submit a Breastfeeding Aids Survey online. This survey collects

information regarding the quantity of breast pumps and kits each agency needs for the upcoming year. In the past, the California WIC Program has only required local agencies to complete the Breastfeeding Aids Survey to receive breast pumps and kits.

In order for agencies to get a more realistic assessment of their breast pump needs, the California WIC Program is changing the procurement process to include information on current pump inventory and projections for future needs.

We will now require an Inventory Worksheet be completed before your agency can submit the annual breastfeeding aids survey. This worksheet is a tool for your agency to assess the breastfeeding aids that are already in your inventory, what you have used in the past year and then determine what your agency will need for the 2014 fiscal year. Your agency

will have approximately one month to complete the inventory worksheet.

Once your Inventory Worksheet is completed, you will receive a proposed budget for breast pumps and kits. Your agency will have approximately one month to complete the 2014 Breastfeeding Aids Survey and ensure that your request does not exceed your proposed budget. Once all of the 2014 Breastfeeding Aids Surveys have been submitted, California WIC Program management will review them. A PWPC letter will follow to inform local agencies what has been decided. ☺

Breastfeeding Coordinators at CWA

The breastfeeding coordinators met at the California WIC Conference (CWA) in San Jose last April. We had over 70 local agency breastfeeding staff in attendance! Thank you to all who were able to come.

The majority of our time together was spent reviewing a draft of breastfeeding competencies for each WIC position put together by the Inland Empire Breastfeeding Coalition. Each breastfeeding coordinator in attendance chose a couple of WIC positions to review. Coordinator feedback was collected and will be considered for incorporation into the breastfeeding competencies.

The purpose of the Breastfeeding Coordinators' Steering Committee is to facilitate networking and communication between agencies and between local agencies and the state. The committee coordinates a Breastfeeding Coordinators' session annually at CWA. Additionally, the state uses the committee as a sounding board when considering various policy issues.

At the last CWA session, we recruited Steering Committee members. We had many volunteers

and were not able to accept everyone. We greatly appreciated all the interest. Those who were not included in this year's Steering Committee may be asked to help with future projects.

New Steering Committee members include: Allana Samuel from Alameda; Rosario Sandoval-Galvan from Santa Clara; Dana Wagner from Community Bridges; Marta Smith / Leah Roman from Mono County; Grace Yee from San Francisco; Wendy McGrail from PHFE; Arina Erwin from Trinity County and Brandi Gates from West Oakland Health Council.

Continuing members include: Sonja Beck from Antelope Valley; Marina Rowldt from Contra Costa County; Ana Klanjac from San Mateo; Glenda Bates from San Bernadino, and Kathy Harriss from the United Health Centers.

If you have an idea you would like the Breastfeeding Coordinators to address, please feel free to contact any of the Breastfeeding Coordinators Steering Committee members or Laura Osborne (Laura.Osborne @cdph.ca.gov) or Leslie Kaye (Leslie.Kaye @cdph.ca.gov).☺

2013 World Breastfeeding Week (WBW): August 1 - 7

Want your Local Agency WBW activities highlighted in the Breastfeeding Times September 2013 Issue?

Submit your photos and brief descriptions by August 23rd to Julie.In@cdph.ca.gov.



Internet Address: www.wicworks.ca.gov

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