

NCBC in Perinatal Region VI

MINUTES

North Carolina Breastfeeding Coalition

August 24th, 2020 10:00am-12:00pm

Virtual Meeting

Vision: Vibrant communities where breastfeeding and human milk feeding are part of the fabric of life.

Mission: To facilitate collaborative community work through education and advocacy that creates an environment of genuine breastfeeding support for all families.

***Note—In an effort not to use email addresses in our minutes at the advice of our website administrator, '@' in email addresses has been replaced with '-at-'*

Upcoming Conferences

- USLCA webinars (featured one on Covid) at <http://uslca.org/>
- Available webinar through Appalachian Breastfeeding Network [Addressing Health Inequality in Appalachian](#)

*To post conferences on the Triangle Breastfeeding Alliance website – email trianglebreastfeedingalliance-at-gmail.com

Next Meeting

Region I: October 23th 1-3pm Virtual Meeting

Attendance

Phone Participants: Jenny Jensen, Kathy Parry, Ellen Chetwynd, Laura Sinai, Brittany Brown, Love Anderson, Connie McLendon, Machel Williams, Erin Crites, Alina Rivera, Kim Roberts, Jill Hartzog, Nikki Blanton, Savannah Pressley, ShLanda Burton, Ulandis Bynum, Mary Hunter Koster

Announcements

- The new lactation [resource map](#) on the NCBC website is now live!
- Have transitioned from using ZipMilk as a resource, we have an interactive resource map on website
- [Join NCBC/NCLCA](#)
- The [Making It Work Tool Kit](#) is available online
- On our website homepage there is a button on the top with a link to the NC updated telemedicine policy for reimbursement for medical lactation support

Website

- Monthly Newsletter is on our website: go to **About** section and then **Our Updates**
- On our website homepage there is a button on the top with a link to the NC updated telemedicine policy for reimbursement for medical lactation support
- Information about membership: how to join and benefits can be found on website homepage

Welcome, Introductions

Connie McLendon

- Introductions
- Welcome to NCBC meeting in Region 6: Beaufort, Bertie, Camden, Carteret, Chowan, Craven, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Halifax, Herford, Hyde, Jones, Lenoir, Martin, Nash, Northampton, Onslow, Pamlico, Pasquotank, Perquimans, Pitt, Tyrrell, Washington, Wayne, Wilson
- August is Breastfeeding Month
- August 25-31: Black Breastfeeding Week: Revive, Restore, Reclaim
- NCBC is the state local coalition for the US Breastfeeding Committee (national level)
- Overview of NCBC in the national landscape
- NCBC has joined USBC as a voting member: 4 named representatives are eligible to be on USBC's BOD. 2 members attend coalition conference. 1 member to attend USBC meetings and that member has voting power.
- NCBC areas of focus for USBC include skilled lactation support, paid leave, and community engagement. Any NCBC member interested in representing NCBC for one of these topic areas, please email Ellen (ncbcpastchair-at-gmail.com)
- NCBC Board Overview
- NBC committees: Award committees: Golden Bow, BF Friendly Space/Business, BF Friendly Workplace, Mother/Baby Friendly Clinics; Parent Liaison; Childcare Liaison; Membership, NCLCA, Website/Social Media; USBC
- NCBC Projects: NCLCA Summit, Department of Labor Workplace Accommodations, LTG Partners/PPD Stigma Reduction Campaign
- NCBC Collaborations: DPH/Breastfeeding Steering Committee, PAN Grant
- Child fatality task force (CFTF): NCBC is at the table for the perinatal health committee, speaking out for breastfeeding at the state level.
Asks: Reimbursement for Medical Lactation Support, Paid leave, Pregnancy and breastfeeding accommodations, Kin care and safe days
- What should NCBC be doing to support breastfeeding?
Advocate and support milk expression for low income jobs.
Education in rural communities and workplaces.
Education/normalizing BF for teens.
Sharing NCBC accomplishments and meetings on social media.
National level advocacy for maternity leave policy.

Track LC job loss and advocate for LCs when they are cut (Wilson).
Educational materials supporting women's right to pump in the workplace.
More general support for women's rights.
Advocate for non-RN IBCLCs in the workforce.

- NCBC received the PAN Grant from CDC: Using grant to award clinics with MBF Clinic Award and improve breastfeeding support. Began project in Wilmington, where worked with two clinics: used peer counselors to provide breastfeeding education and support, implemented policies and protocols, educated providers and staff, and implemented text messaging with clients. Now working in Cherokee: peer counselors/doulas, policies and protocols, education, and text messaging. NCBC secured an additional grant to fund the cost of doulas attending births.
 - We are looking for a clinic for the next grant year to work with
 - Need: to identify a clinic that is in a community or serving a community that could use the extra resources. Identify a clinic champion who works at the clinic to help bring all the requirements needed into the clinic, also identify a grant coordinator to implement the project at the clinic
 - Can go to our about page to find our contact information under our pictures
 - We are also going to be initiating a more formal process
- Have been selected to work with the Health and Human Services office of Women's Health for consulting on PPD as they shape their new guidelines on managing and serving women with PPD.
- **NCBC Membership:**
 - annual NCLCA Summit discount
 - professional and leadership opportunities
 - volunteer opportunities
 - intimate networking with other BF parents, advocates and professionals

Treasurer report

Connie McLendon (provided by Colette Waddill)

Updates:

Total Income: \$30,121.12 (Membership Income: \$1,071.91, Donation Income: \$1,143.17, Grant Income: \$27,906.04)

Total Expenses: \$34,423.13

Net Income: \$-4,348.04

Membership report

Connie McLendon (provided by Laura Sinai)

Contact: NCBC Membership-at-gmail.com

Updates:

Total 2017 NCBC Members: 100 (7 Lifetime members)
Total 2018 NCBC Members: 104 (7 Lifetime members)
Total 2019 NCBC Members: 96 (9 Lifetime members)
Total 2020 NCBC Members: 70 (9 Lifetime members)

NC Lactation Consultant Association 2017 Members: 74
NC Lactation Consultant Association 2018 Members: 82 (7 lifetime members)
NC Lactation Consultant Association 2019 Members: 80 (9 lifetime members)

Total 2020 NCBC and NCLCA Members: 33 (9 Lifetime members)

Updates:

- We have two organization members this year: CGBI and WISE (Emily Taylor)
- We are looking to move application to an online Google Docs application and are asking all current members to fill out the new one once it is live just to have updated information.
- Two questions we are fielding: how can we engage more parents and get them to join NCBC, what are your credentials (we want to learn who the members of NCBC are so we can better serve them)

Annual Membership: Join the Family!

- Annual summit discount
- Intimate networking with other BF parents, advocates, and professionals
- Professional and leadership opportunities
- Volunteer positions

How to Join NCBC

- The new membership fee is \$25 effective 01/01/2020
- Members may join at any time during the calendar year on the website. Paypal is preferred
- Membership is open to everyone (no credentials required); members have voting privileges.
- All members are automatically a member NCLCA.
- When you become an organizational member one person in your organization is joined for free and all other members are half off (\$12.50)
- If anyone has trouble logging into the website or needs to check membership standing, contact NCBCMembership-at-gmail.com

Awards

Golden Bow

Chair: currently an available position

Contact: ncbcchair-at-gmail.com

Purpose: To stop the distribution of formula discharge bags and to recognize healthcare facilities which do not give out formula samples. Applications are accepted twice a year. Updated mapping reveals 89% of live births occur at birthing facilities that have banned the bags. There have been hospitals that have received stars for banning the bags but have not received the Golden Bow award from NCBC. National registration ([National Registry for Ban the Bags](#)) needs to be done in addition to

receiving an NCBC Golden Bow award. NCBC would like for NC to reach 100% participation. Applications are checked on **February 1st and July 1st**.

PRVI: 18 Hospitals in this region. 3 that we know of that have not received the Golden Bow Award: Lenoir Memorial Hospital, Vidant Beaufort, and another Vidant one.



Awards this cycle: None this cycle

BF Friendly Business (customers) and Employers

Chair: open position

Contact: ncbchair-at-gmail.com

Purpose: NCBC recognizes local companies that support breastfeeding families. In doing this, we distinguish between “Breastfeeding-Friendly Businesses” and “Breastfeeding-Friendly Workplaces”. Breastfeeding Friendly Businesses are businesses that welcome breastfeeding mothers as customers. This can be as simple as treating breastfeeding mothers well, never asking them to leave, cover up, or move. Businesses that have been granted the Breastfeeding-Friendly Business Award can proudly display the Breastfeeding-Friendly window cling. Breastfeeding-Friendly Workplaces are workplaces that have made accommodations to support breastfeeding mothers as employees. This can be as simple as allowing employees to have flexible breaks and access to a private room for expressing milk or nursing. The room needs to have a comfortable chair and a lock on the door. Plaques are awarded to businesses who meet application qualifications. Awards (plaque and window sticker) are presented twice per year - **February 1, 2019 and July 1, 2019** are dates for submitting applications. Award winners are also listed on the website. Apply online. Business cards are available to use when speaking to businesses. DPH Webinars on Business Case can be found on the website.

- 83 of 84 North Carolina WIC Programs are now Breastfeeding Friendly Workplaces

Update: 23 applications for the last award cycle.

Thank you to Love Anderson and BFFC for the design of the new window cling

Mother-Baby Clinic

Contact: Caroline Healy, NCBC.ClinicAward-at-gmail.com

Purpose: On October 8, 2014, the North Carolina Breastfeeding Coalition launched the “**Mother-Baby Friendly Clinic Awards Program**” now called “**Mother Baby Award for outpatient healthcare clinics**”. Awardees represent the best our state has to offer in terms of support for the breastfeeding family. The award is open to any outpatient medical clinic serving pregnant and postpartum women, infants and/or children in North Carolina. Applicants may include Health Departments, Family Medicine, Pediatric, Obstetric, Midwifery, or other types of clinics serving these populations. Criteria for the award are very closely based on the “Baby-Friendly USA Guidelines and Evaluation Criteria,” and the Academy of Breastfeeding Medicine’s “Clinical Protocol #14: Breastfeeding-Friendly Physician’s Office: Optimizing Care for Infants and Children.” As such, the act of reviewing criteria is, in and of itself, an opportunity to identify evidence-based best practices for the care of pregnant and/or post-partum women and children. Applications are available on the NCBC webpage. **Application deadlines are February 1st and July 1st**.

Updates:

- French Board Pediatrics has been awarded the Mother Baby Friendly clinic award. They were the only applicant during this past cycle
- If anyone is interested in joining the committee, please contact the Committee Chair at NCBC.ClinicAward-at-gmail.com
- Currently working on getting in touch with all past awardees to encourage them to continue to follow the highest practices and policies that allowed them to achieve the award in the first place and reminding them that now is a great time to keep up with annual training. Also plan on sharing the best resources for Covid and breastfeeding we have on our website with the past awardees.

Parent Advocacy Updates

Chair, Love Anderson: nbcparent-at-gmail.com

Love is working toward finding a parent liaison in each region to form a committee for 2020. E-mail Love Anderson nbcparent-at-gmail.com

Updates:

Statewide Parent Advocacy Group Liaison:

- Love Anderson <nbcparent@gmail.com>
 - would like to highlight August 24 from 10 to 11: [Milky Pride & Play](https://breastfeeddurham.org/milky-pride-play/) date for LGBTQ+ Families <https://breastfeeddurham.org/milky-pride-play/>

Region I: Kim Neiheisel <kimneiheisel@gmail.com>

Region II: Quanita Green <qmgreen1418@gmail.com>

Region III: Kate Doughty <doughka@outlook.com>

- Mecklenburg Natasha Grant-Dean <ngd313@gmail.com>

Region IV: Stephanie Crystal Whitaker <Swhitaker722@yahoo.com>

- Parent Advocate Member for Chatham County Angie Hilliard <angie2242@msn.com>
- Parent Advocate Member for Orange County: Kathleen Anderson <kathleen@breastfeedingcommunities.org>
 - [Live Love Latch! 2020 / World Breastfeeding Week! / National Breastfeeding Month!](#)
 -
- Parent Advocate Member for Wake County Megan Roberts <MRoberts@safecildnc.org>

Region V: Olivia Rice <oliviabreastfeeds@gmail.com>

- Would like to highlight the Port City Breastfeeding Aug 1 10 to 11- Big Latch On virtual event
 - Event page: <https://facebook.com/events/s/big-latch-on-2020/575980236446628/?ti=icl>

Region VI: Erin Crites <scrunchymamawellness@gmail.com>

- LLL of Elizabeth City is hosting a virtual Live Love Latch with a "show and tell" celebration. [Facebook event](#) and [Google Form](#) for submission/participation is linked.

Month of August happenings:

- Health Care: We also encourage all Durham healthcare providers to attend the [Carolina Global Breastfeeding Institute's Breastfeeding University](#), to apply for the [NC Breastfeeding Coalition Mother-Baby Friendly Award](#) for outpatient healthcare clinics, and to seek the [Baby-Friendly Hospital](#) designation.
- LLL of Durham, BFFC Ch, Car, Durham: [Share your breastfeeding family pictures](#) any time before August 31. Prizes will be awarded each week during August.
- LLL of Elizabeth City is hosting a virtual Live Love Latch with a "show and tell" celebration. Facebook event and Google Form for submission/participation is linked.

[World Breastfeeding Week](#) (Aug 1-7)

- Port City Breastfeeding Project Aug 1- Big Latch On virtual event
 - Event page: <https://facebook.com/events/s/big-latch-on-2020/575980236446628/?ti=icl>
 - Registration link: https://biglatchon.org/apps/location-detail/?location_id=3758
- Port City Breastfeeding Project Aug 2: Virtual Family Dance Party for WBW
 - <https://facebook.com/events/s/wbw-family-fun-dance-party/932282820531914/?ti=icl>
- Breastfeed Durham: Tuesday, August 4, 2020, at 2:30 pm: [Networking Event for Providers](#) on (event will be recorded, shared with parents via social media, with the purpose of increasing and continuing breastfeeding)
- LLL: August 5 @ 10:00 am - 11:30 am LA LECHE LEAGUE DURHAM CENTRAL DURHAM – BREASTFEEDING: WHAT IS NORMAL?
- August 5, 2020 10:00 am—11:30: Breastfeeding and COVID-19 for Cumberland County LIVE Webinar, Register in advance for this FREE virtual event: <https://us02web.zoom.us/j/84461212693>
- Port City Breastfeeding Project Aug 7-9: Summer Breastfeeding Photoshoot Fundraiser
 - <https://m.signupgenius.com/#/showSignUp/60b044aaaaf28a5fe3-pcbp3>
- LLL: AUGUST 10 @ 6:30 pm - 8:00 pm LA LECHE LEAGUE DURHAM PM GROUP MEETING ONLINE

[Native Breastfeeding Week](#) (Aug 9-15)

[Feeding and Emergencies](#)(Aug 16-24)

- NCBC: August 18 Summit on the 18th

- LLL: August 20 @ 10:30 am - 12:00 pmb LA LECHE LEAGUE DURHAM DURHAM SOUTH GROUP-WORKING AND THE BREASTFED BABY
- Breastfeed Durham: Virtual support is more important than ever and on Monday, August 24 from 10 to 11: [Milky Pride & Play](#) for LGBTQ+ Families
- Health Department: August 24-26 North Carolina Lactation Educator Program

[Black Breastfeeding Week](#) (Aug 25-31)

- NCBC: Aug. 24th NCBC Region VI Meeting (I might not be there)
- Chocolate Milk of Wilmington: Aug 28- Virtual Yoga for Black Breastfeeding Week
 - <https://facebook.com/events/s/virtual-yoga-with-eliza-miller/2371523099815388/?ti=icl>
- Chocolate Milk of Wilmington. : Aug 29- Black Breastfeeding Week Photoshoot/ Lift Every Baby <https://facebook.com/events/s/bbw-photoshoot-with-shadowrave/1198292377191402/?ti=icl> RSVP
- Breastfeed Durham: Monday, August 31 at 12:30: [Durham Black Breastfeeding Week Culmination and Celebration](#); RSVP andora@breastfeedingcommunities.org
- Momma's Village Fayetteville: Saturday a August 8 at 7:0pm Black Breastfeeding Week Photoshoot <https://facebook.com/events/s/4th-annual-bbw-photoshoot/550685968857903/?ti=icl> RSVP

Parent questions about COVID-19

- [What Can Parents Do Right Now?](#)
- Where can parents find a [Virtual Lactation Consultant](#)?
- What if a parent is about to [Give Birth During COVID-19](#)?
- What if a parent needs [Local Breastfeeding Support Meetings or Resources](#)? (Mostly Durham and Chapel Hill, but contact Love at ncbcparent-at-gmail.com can add more BFFC, if you send me links)
 - Many North Carolina La Leche League Meetings and Other Breastfeeding Support Meetings across the USA have moved to an online platform <https://llusa.org/locator/>
 - Please contact your local LLL Leaders or other local breastfeeding parent support meeting for additional information
- [Global and National COVID-19 Breastfeeding Resources](#) because a parent might need to self-advocate to a medical professional?
- What if a parent needs [Non-Breastfeeding Support](#) because the parent is having trouble breastfeeding, but the struggles are not with breastmilk?
- What are the [Current Recommendations at a Glance \(KellyMom\)](#)?

*This list was put together by 5 North Carolina community based breastfeeding Coalitions that are working to have their community become “Breastfeeding Family Friendly Communities.” These coalitions are parent driven.

Regional Parent Liaison

NCBC has created 2 new volunteer positions, one parent liaison to represent each region in North Carolina and one or two people that represent each county. We live in an incredibly diverse state and there is a huge amount going on in each region, and we know that a person who lives, works, volunteers, or supports parents in each region and community would have a better understanding of the needs of that region. Each parent volunteer is asked to show up to one meeting per year. If you're interested in being the point person for any of the regions or counties in North Carolina, then e-mail Love Anderson <ncbcparent-at-gmail.com>

If you're already volunteering as a parent support person or working as a parent support person, then attending an NCBC meeting should feel empowering and useful. The goal is for parent liaisons to become a point person for parents in your area, and then to be able to voice parent concerns to professionals and advocates across the state.

- **Statewide Parent Liaison Coordinator:** for the NC Breastfeeding Coalition,
 - Love Anderson, 919-622-8787, <ncbcparent-at-gmail.com>
- **Region I:** Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Yancey (Region 1)
 - All of Region 1, Kim Neiheisel kimneiheisel@gmail.com
- **Region II:** Alexander, Alleghany, Ashe, Avery, Burke, Caldwell, Catawba, Davidson, Davie, Forsyth, Guilford, Iredell, Randolph, Rockingham, Rowan, Stokes, Surry, Watauga, Wilkes, Yadkin
 - **All of Region 2: Unfilled**
- **Region III:** Anson, Cabarrus, Cleveland, Gaston, Lincoln, Mecklenburg, Stanly, Union (Region 3)
 - All of Region 3: Kate Doughty doughka@outlook.com
- **Region IV:** Alamance, Caswell, Chatham, Durham, Franklin, Granville, Johnston, Lee, Orange, Person, Vance, Wake, Warren (Region 4)
 - All of Region 4: Stephanie Crystal Whitaker <Swhitaker722@yahoo.com>
 - Point person for Chatham County
 - Angie Hilliard <angie2242@msn.com>
 - Point person for Orange County:
 - Kathleen Anderson <kathleen@breastfeedingcommunities.org>
 - Point person for Wake County
 - Megan Roberts <MRoberts@safecildnc.org>
- **Region V:** Bladen, Brunswick, Columbus, Cumberland, Harnett, Hoke, Montgomery, Moore, New Hanover, Pender, Richmond, Robeson, Sampson, Scotland (Region 5)
 - All of Region 5: Olivia Rice <oliviabreastfeeds@gmail.com>
- **Region VI:** Beaufort, Bertie, Camden, Carteret, Chowan, Craven, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Martin, Nash, Northampton, Onslow, Pamlico, Pasquotank, Perquimans, Pitt, Tyrrell, Washington, Wayne, Wilson (Region 6)
 - All of Region 6: Erin Crites <scrunchymamawellness@gmail.com>

State Breastfeeding Report from Chiara Phillips

Updates:

- The Breastfeeding Friendly Child Care Designation is on hiatus as they rework the application and hope to have information on this by World Breastfeeding Week.
- NC Lactation Educator Training program operated by Northwest AHEC is going virtual at the end of July.
- WIC updates can be found in our May Monthly Newsletter which is found on our website. On our homepage go to **About** section and then **Our Updates**
- The NC Maternity Center Breastfeeding Friendly application is due **October 31st**

State Breastfeeding Coordinator: Chiara.Phillips-at-dhhs.nc.gov

State Breastfeeding Peer Counselor Coordinator: Alina.Mantha-at-dhhs.nc.gov

NCLCA

Updates:

- The new chair for NCLCA is Jenny Jensen (JennyJensenRN@gmail.com or (410) 972-1586)
- NCBC/NCLCA membership: if you are a member of NCBC you are automatically a NCLCA member
- USLCA Membership update: USLCA has strict requirements to be a chapter organization member. These requirements were not possible for NCLCA to meet and so no longer a USLCA chapter member
- Mothers special gift conference is going to be live webinar, November 6th
- Oral Habilitation of the breastfeeding dyad: October 23rd in Charlotte: very amazing practical skills are taught, an IBCLC master class
- Clinical coverage policy 1-H: a lot of restrictions were eased to give easier access to telemedicine and to make reimbursement easier. We had an opportunity to comment on it and we spoke out on behalf of NCBC to talk about how important that virtual access has been to clients. Of course, in person visits are still better and very important but virtual appointments have a lot of merit. We asked for extension of the new policies so that there can be continued reimbursement for telemedicine as it has a multitude of benefits in certain situations.
- Ellen has put info on NCBC website regarding reimbursement for telemedicine and how best to conduct those visits

NCLCA Summit:

- Summit was held virtually on August 18th
- Scheduled to be held next year: June 7th 2021

- Kim Roberts enjoyed the talk about diversity in lactation: encourage more ethnic groups to become IBCLCS, building community support groups is important. Angela's speech on this was very inspiring.
- Ready, Set, Baby Curriculum:
 - Some WIC departments are using it
 - It is a resource from CGBI
 - Great resource to use to have consistency and not conflicting messages for patients
 - Kim Roberts passes info on it at her breastfeeding classes, OB office is now handing out the ready set baby packets to use as a tool for their prenatal education

Lactation Support During COVID-19:

- **Dyad separation:**
 - AAP policy update: rooming in with precautions. AAP had first recommended separating newborns from COVID positive mothers. Now has changed it to rooming in with precautions (washing hands etc)
 - Great news because some facilities were following the original policy and separating positive mothers from their babies.
 - We have been finding that locally in the Spanish population that separation is happening more often. This can be due to Spanish mothers were more likely to have COVID and more pressure and coercion happening from providers
- **Testing of Mothers in Labor**
 - Erin Crites: Greenville hospital where she is testing all mothers in labor. The hospital isn't separating babies from positive mothers because they are trying to go baby friendly. They changed policy recently to allow one support person to attend birth. Thus, now doula can attend birth. Erin Crites tells moms they have the right to decline anything (including Covid test) and just gives them the information of what happens if they don't get tested and what happens if they do get tested. It is important for moms to feel empowered and have body autonomy.
 - There is an oral test and you can request it instead of nasal pharyngeal
 - Laura Sinai: Now a nasal test that is not as invasive as the nasal pharyngeal is available and more reliable than oral. Saliva is becoming available where you just spit in a tube but it's more in outpatient settings not in the hospital.
 - In Charlotte if you are sick in the hospital, they are still doing nasal pharyngeal but outside of hospital just nasal is being done, or if asymptomatic they are doing just nasal
- **How has Covid affected your practice:**
 - Ellen Chetwynd has seen benefits to virtual appointments. Has made lactation support available to more people. The "in between" visits that are check ups on progress etc are more convenient to do via telehealth. Easier for mom, as she doesn't have to travel anywhere.

- Some consultants have had clients be concerned about weight checks. They are saying that pediatricians are not having them come in to do weight checks.
- Most WICs are operating remotely. Thus not doing in person weight checks. Parents are doing their own weight checks. Scales can be rented. Consistency in how baby is weighed is important: is baby clothed or not etc
- NC Peds has put out a policy stating that weight checks should not be dropped during this pandemic.

Additional COVID-19 Info

- NCBC website will be kept up to date with information and links to best practices
- La Leche League meetings are virtual: go to <https://llusa.org/locator/> to find meetings
- AAP recommends that well child visits that include scheduled vaccines are still being conducted
- Resources can also be found on the Carolina Global Breastfeeding Institute website <https://sph.unc.edu/cgbi/carolina-global-breastfeeding-institute/>
- Virtual Ready, Set, Baby Prenatal Education Classes are available: taught by graduate lactation students with assistance from IBCLCs
 - Join virtual RSB class:
<http://zoom.us/j/98369482228>
(meeting ID: 983 6948 2228)
 - Check Tri-County Breastfeeding Coalition Facebook page for updates and links to virtual classes