



1

Agenda

Housekeeping	Lisa Hong, NICHQ
Welcome & Introduction	Olivia Giordano, NICHQ
Supporting Breastfeeding Employees During COVID-19	Cathy Carothers, IBCLC, FILCA Every Mother Inc.
Breakout Sessions & Report Out	All
Post-Test	All
Closing	Nikki Maffei, NICHQ

2

Meeting Logistics

Please note the following:

- This session is being recorded, and will be archived for future viewing.
- All participants are muted upon entry. We ask that you remain muted to limit background noise.
- Members are encouraged to participate in the discussion by typing your comment/asking questions using the chat box.

3

Connecting to the Audio Conference



- Join Zoom Meeting by clicking Zoom Meeting link & launching the Zoom application
- An audio conference box will appear
 - If you do not see the box click the 'Join Audio' button
- From the audio conference box: Select to "Phone Call" or "Computer Audio"
- If using the phone:
 - dial the number next to "Dial"
 - You will be prompted to enter the "Meeting ID"
 - Then you will be prompted to enter the "Participant ID"



Join Zoom Meeting:
<https://zoom.us/j/237206404>

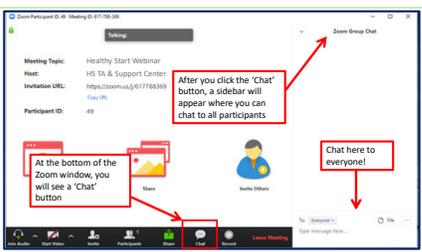
Click to join audio

Meeting ID: 237 206 404
Participant ID: 88

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4

Ways to Participate: Chat

Meeting Topic: Healthy Start Webinar
Host: HS TA & Support Center
Invitation URL: <https://zoom.us/j/67788369>
Participant ID: 49

Zoom Group Chat

At the bottom of the Zoom window, you will see a 'Chat' button

After you click the 'Chat' button, a sidebar will appear where you can chat to all participants

Chat here to everyone!

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5

Welcome & Introductions

Olivia Giordano
Healthy Start TA & Support Center



6

Webinar Series Schedule

The Impact of COVID-19 on Breastfeeding	Tuesday, October 20 2-3:30 p.m. EST
Connecting with Participants During Unsettling Times	Thursday, November 19 2-3:30 p.m. EST
Supporting the Return to Work While Breastfeeding	Wednesday, December 9 2-3:30 p.m. EST
Sharing Best Practices for Virtual Breastfeeding Support	Thursday, December 17 2-3:30 p.m. EST

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7

CoLab Engagement

- Connect with other grantees and subject matter experts
- Share and receive resources
- Ask questions and learn best practices

NICHQ Collaboratory
Healthy Start Performance CoLab



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8

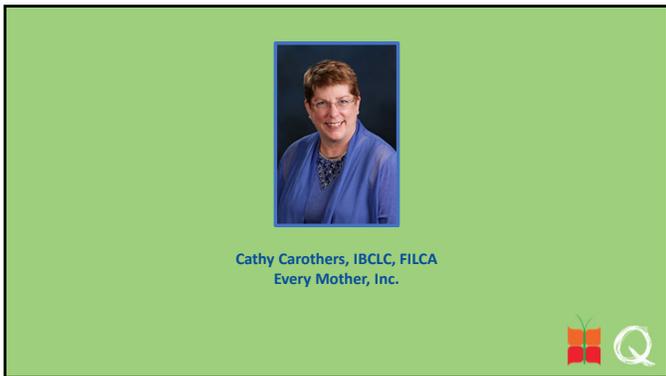
Continuing Education Credits (CEUs)

- TA & Support Center obtained CEUs for Webinars 1-3
- Post-tests for each webinar are required
- If you would like to receive CEUs, you must complete each post-test



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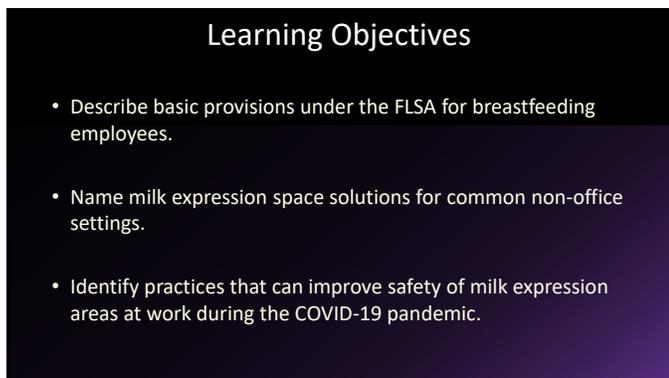
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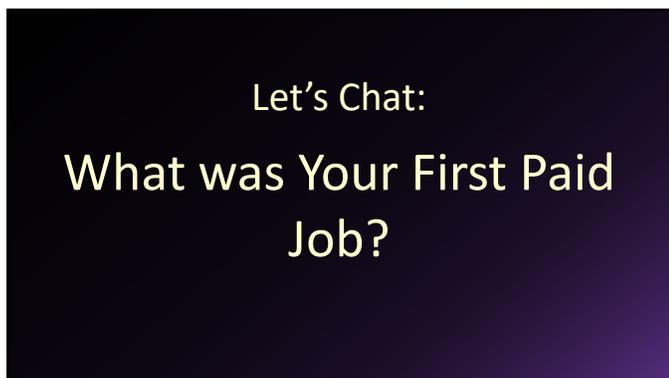
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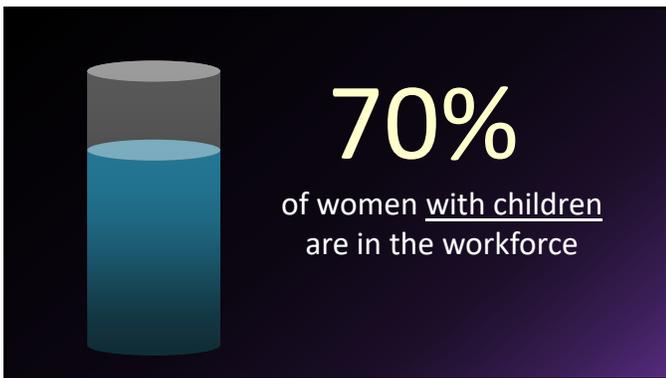
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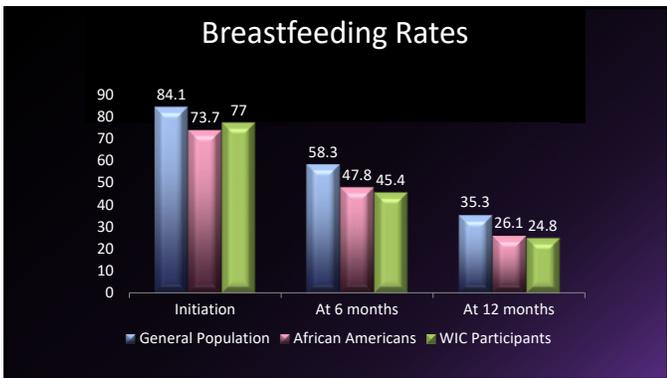


18

African American Moms in the Workforce



19



20

Poll #1

What Do Employed Moms Value Most?

21

Barriers at Work



22

Employers/Supervisors



23

Colleagues



24

Private Space



25

Time to Express Milk



26

Access to Baby



27

Childcare Support



28

Low-Wage Job Challenges



29

Lack of Autonomy

Practices	Low-Wage Earners	Middle Income Workers
Can take off to care for a sick child	24%	54%
Have a say in when to take breaks	33%	57%
Have a say in the start/quitting time	12%	26%

30

New York Research



31

Be Her Voice



32

Federal Legislation



33

Poll #2

Test Your Knowledge
about the Federal Workplace Law!

34



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39

Applies to Non-Exempt Workers



40

Small Businesses



41

State Legislation



42

National Conference of State Legislatures

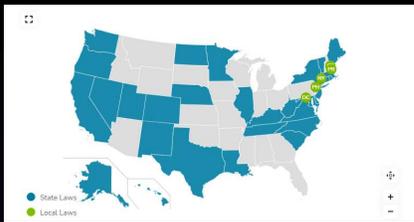


nctl.org/research/health/breastfeeding-state-laws.aspx

Open Website

43

Pregnancy Discrimination Laws



Source: A Better Balance

<https://www.abetterbalance.org/resources/pregnant-worker-fairness-legislative-successes/>

44

Center for Work Life Law



worklifelaw.org

Open Website

45

A Better Balance



60% 50% Only 40%

abetterbalance.org/our-campaigns/breastfeeding-while-working/

Open Website

46

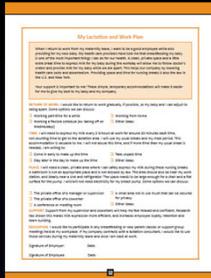
Pregnancy: Talk to the Supervisor



Every Mother, Inc. and Breast Milk Bank

47

My Lactation and Work Plan



“Making it Work” Toolkit

New York Department of Health

www.breastfeedingpartners.org

48



52



53



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57

The Magic Number!



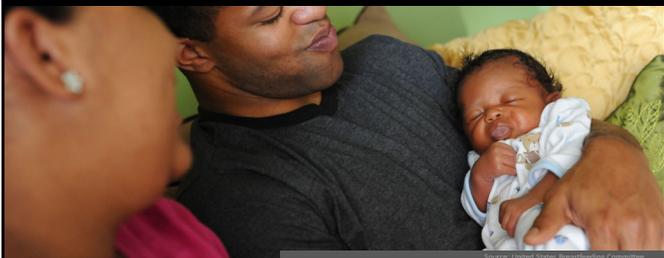
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Support from Family Caregivers



59

Family Support



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Onsite Childcare Support



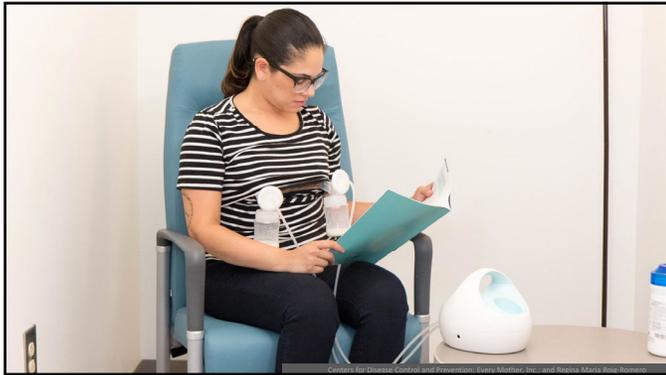
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Poll #3
Businesses in YOUR Community

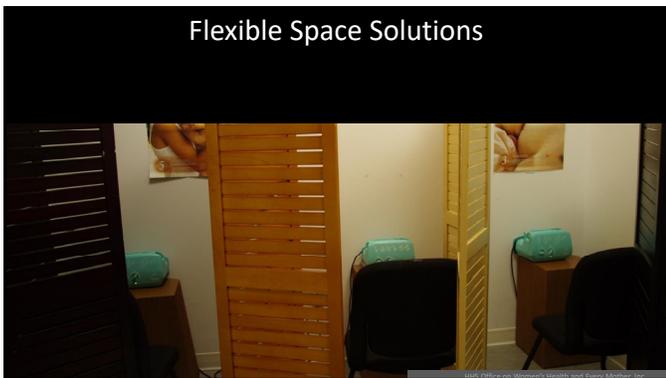
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Solutions for
Space and Time

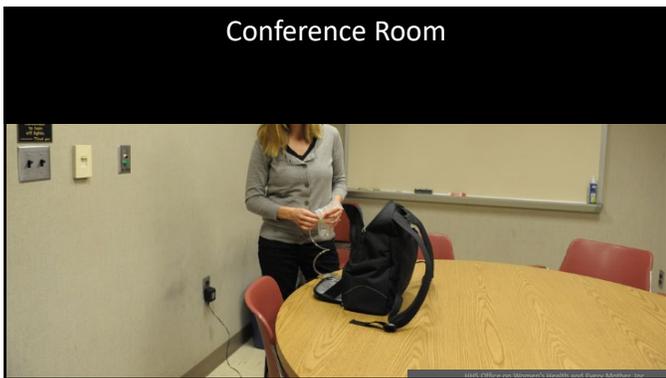
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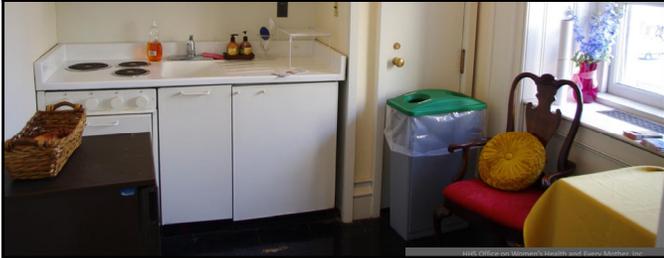


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Shared Space

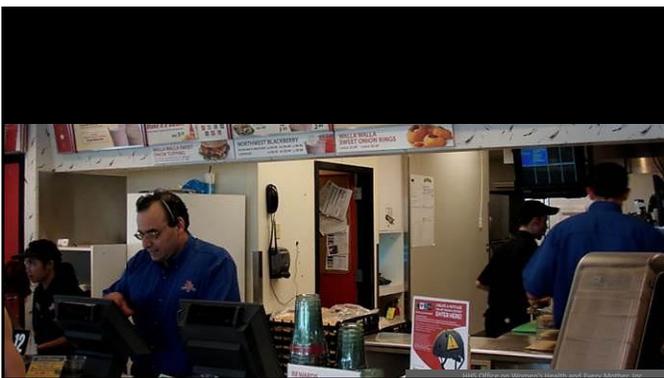


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Restaurants and Fast Food



68



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Walmart



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Hospitals



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74



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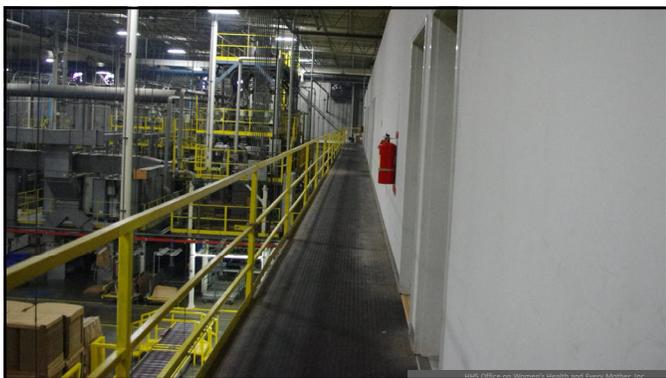
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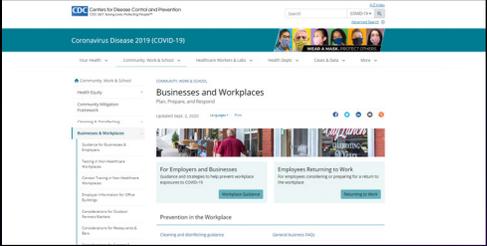


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87

CDC Guidance during COVID-19



<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

88



89



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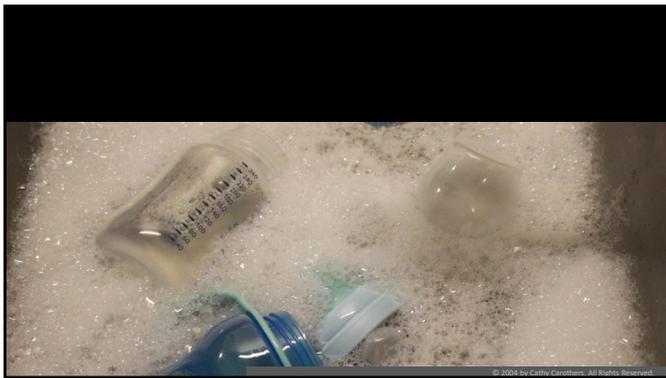
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92



93



94

How to Keep Your Breast Pump Kit Clean

BEFORE EVERY USE

- Wash your hands** with soap and water for 20 seconds.
- Inspect and assemble** the pump parts. Remove any milk, breast and nipple attachments.
- Clean pump parts** using warm, soapy water and scrubbing with a soft brush. Rinse thoroughly with clean water.

AFTER EVERY USE

- Store with safety** Use milk collection bottles or your milk collection bag that will keep contents cool and keep pump parts in a separate bag or container.
- Clear pumping area** Wash the floor and counter with disinfectant wipes.
- Take apart** the pump tubing and separate all parts that come in contact with breast milk.
- Rinse** clean pump parts that come into contact with breast milk only by rinsing under running water to remove soap residue. Do not pump parts in a dishwasher.
- Clean pump parts** that come into contact with breast milk only by using a brush to clean the parts with soapy water. Rinse thoroughly with clean water.
- Store** the breast pump parts in the bag.

CDC Guidelines

(English and Spanish)

www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet-p.pdf

95



96



97



98

OHIO WORKPLACE PLUS
Considerations for Safe Worksite Lactation Spaces
During the COVID-19 Pandemic

Reassessing Material

- Reassessing material support for lactation during the COVID-19 pandemic. It is the best source of lactation for most infants and provides anti-infective properties to protect against many viruses and bacteria.
- Reassessing the role of lactation in the health disparities among communities of color and children. Lactation is a natural part of a parent's health of disease among African American and Hispanic populations.
- A survey by researchers that mothers do not transport the breast milk to their infants through breastfeeding, however, mothers should have appropriate access to lactation in the workplace (e.g., breastfeeding and working from home).
- Current lactation laws that require lactation to appear in their state's COVID-19 laws.

General Worksite Safety Considerations

- If a lactation space is not available or difficult to access, consider that:
 - The space is well-ventilated, especially if used by more than one employee.
 - Employees should wear masks and maintain social distancing in the workplace.
 - If used as an emergency space, ensure that employees are aware of the location.
 - Consider providing the appropriate space for the most vulnerable employees.
- Employees should avoid touch, handshakes or use hand sanitizer that is hand-sanitized. Employees should avoid touching surfaces.
- When connecting to a milk expression area, consider a location that is along the primary flow of traffic in the work area. A lactation space can be used to:
 - Avoid the work area and other employees.
 - Provide hand sanitizer and antiseptic wipes for all employees.
 - Encourage employees to wash hands before and after pumping or handling milk.
 - Allow employees to take time for employees to wash their hands and clean pump parts.
 - Avoid other work areas where employees are present.
- Consider other lactation resources for the workplace (e.g., lactation consultants) and for lactation employees to improve the efficacy of lactation. Consider a lactation consultant, lactation support group, and lactation support group in a space.
- Avoid group work and for lactation employees.
- Consider other "best practices" (e.g., lactation support group meetings for new parents and lactation consultants).

Safe Worksite Lactation Spaces

<https://odh.ohio.gov/breastfeeding>

99

Working from Home



100

Schedule Time to Be With Your Kids



101

Embrace Technology



102



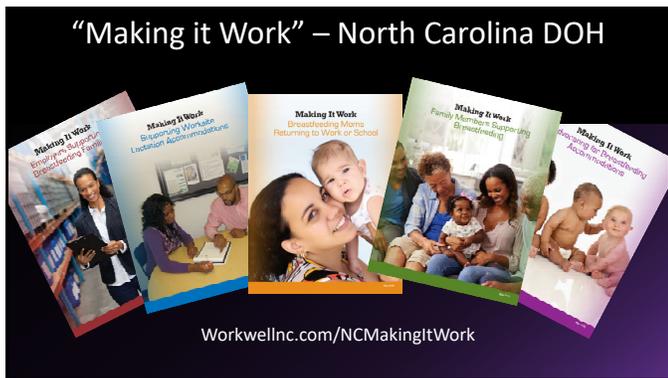
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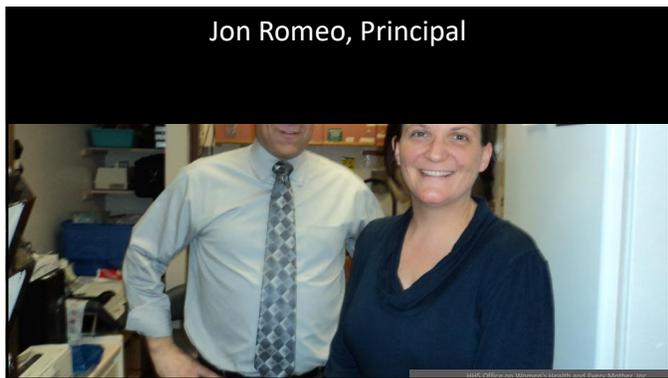
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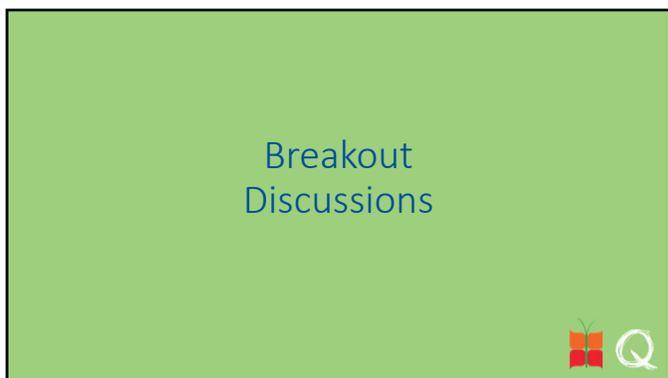
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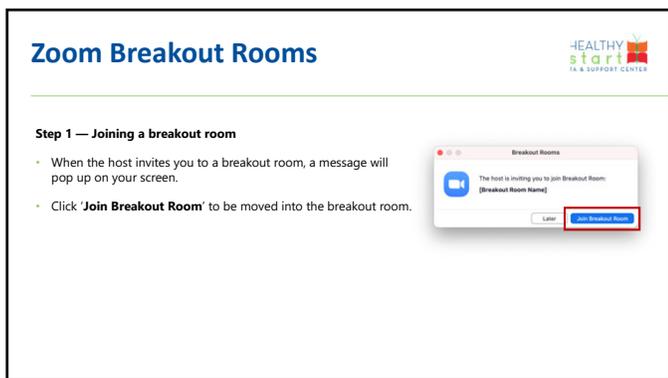
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109



110



111

Zoom Breakout Rooms

Step 2 — In a breakout room

- The breakout room name should be on your screen or at the top of your Zoom window.
- You will be muted upon entering a breakout room. You can mute or unmute yourself as needed.
- The host may send information or directions to all breakout rooms. The information will be displayed in a pop up at the top of your Zoom screen.

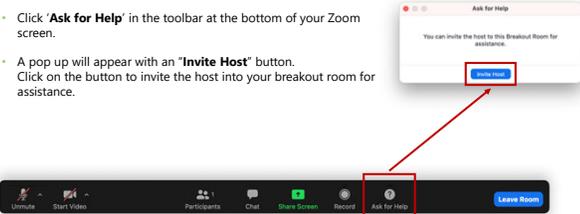


112

How to ask for help in Zoom Breakout Rooms

If you need assistance when in a breakout room:

- Click **Ask for Help** in the toolbar at the bottom of your Zoom screen.
- A pop up will appear with an **Invite Host** button. Click on the button to invite the host into your breakout room for assistance.



113

Zoom Breakout Rooms

Step 3 — Leaving a breakout room

- When the breakout session is over, the host will close the breakout rooms.
- A pop up will appear. 1) Click **Leave Breakout Room** to immediately leave the breakout room, or 2) The breakout room will automatically close after 60 seconds and everyone will be moved back to the main room.

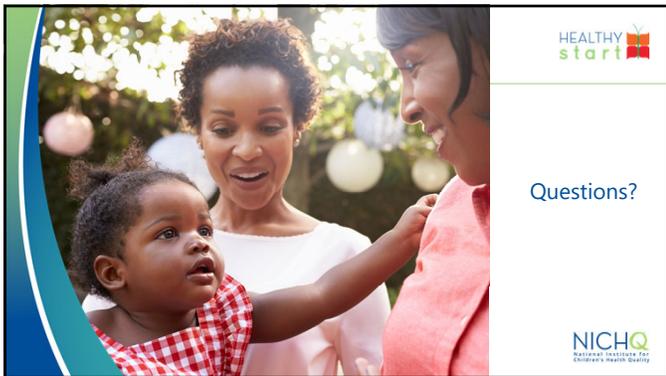
Note: You can leave the breakout room at anytime by clicking **Leave Room** in the toolbar at the bottom of your Zoom screen.



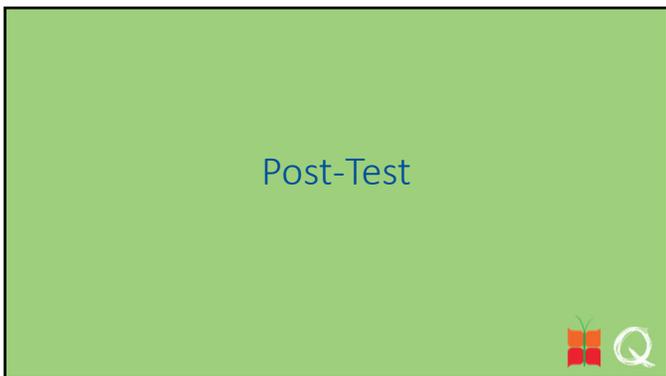
114



115



116



117

Final Webinar

- Thursday, December 17 from 2-3:30 p.m. EST
- In the meantime, ask questions and engage with each other on CoLab!
- To request a CoLab account, email healthystart@nichq.org



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118



Thank You!

119
