



HEALTHY
start
PA & SUPPORT CENTER

Breastfeeding & COVID-19
Webinar Series


Supporting
Breastfeeding
Employees
During COVID-19

December 9, 2020

NICHQ
NATIONAL INSTITUTE FOR
CHILDREN'S HEALTH QUALITY

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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




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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.

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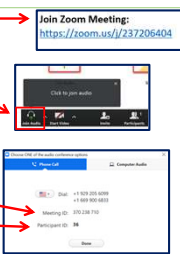
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Connecting to the Audio Conference



- 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>


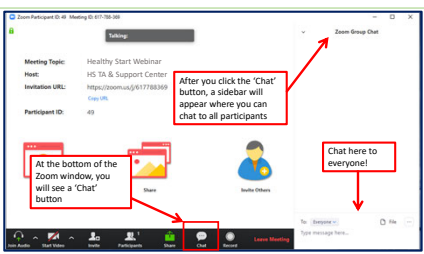
Click to join audio

Meeting ID: 237 206 404
Participant ID: 88

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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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Welcome & Introductions

Olivia Giordano
Healthy Start TA & Support Center



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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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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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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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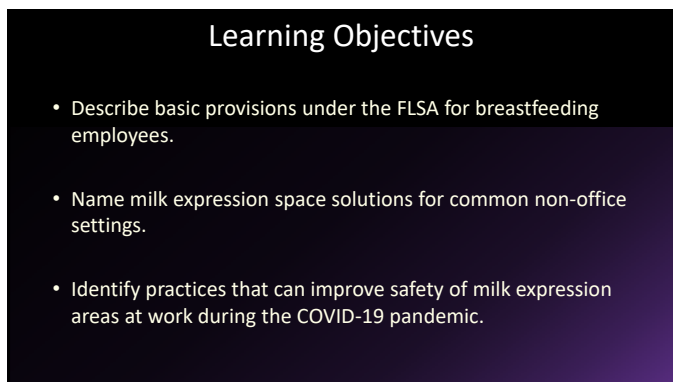
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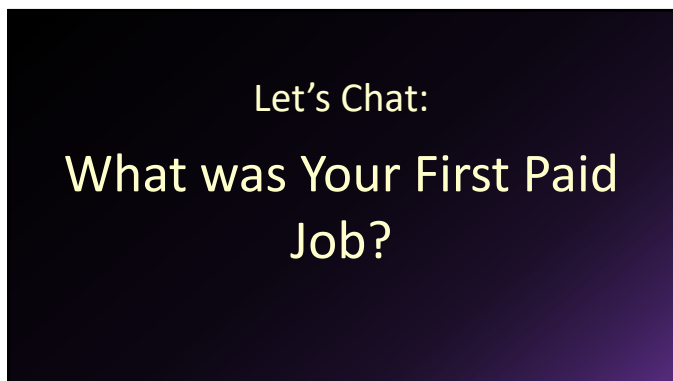
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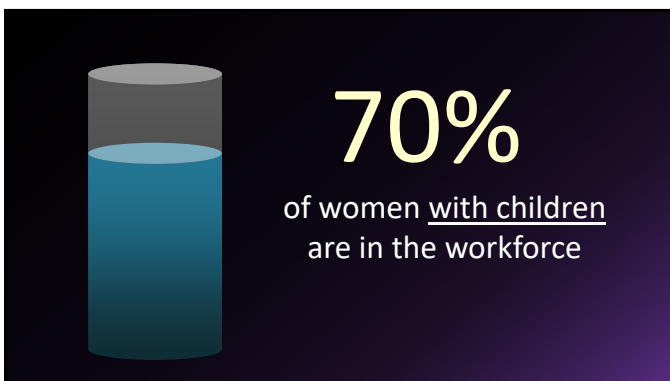
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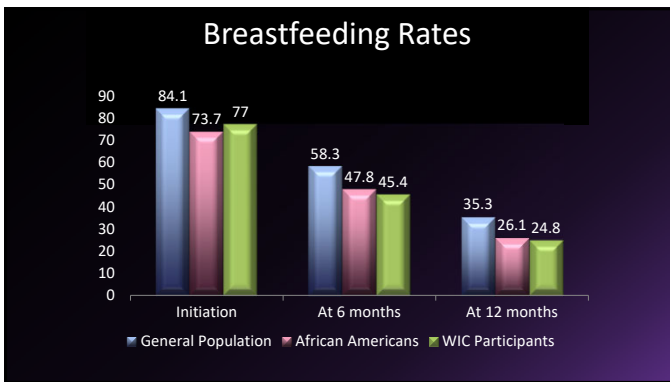


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African American Moms in the Workforce



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Poll #1

What Do Employed Moms Value Most?

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Barriers at Work



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Employers/Supervisors



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Colleagues



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Private Space



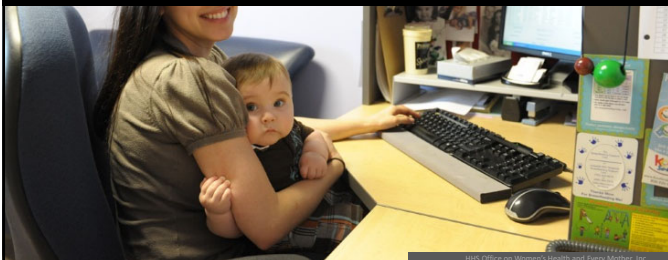
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Time to Express Milk



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Access to Baby



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Childcare Support



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Low-Wage Job Challenges



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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%

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New York Research



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Be Her Voice



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Federal Legislation



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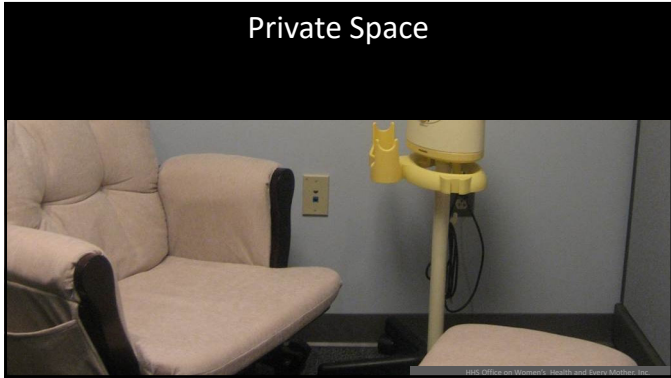
Poll #2

Test Your Knowledge
about the Federal Workplace Law!

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Applies to Non-Exempt Workers



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Small Businesses



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State Legislation



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National Conference of State Legislatures

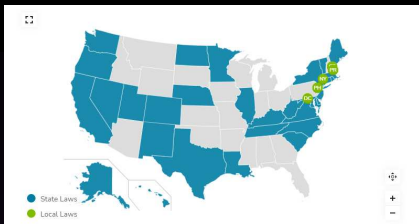


nctl.org/research/health/breastfeeding-state-laws.aspx

Open Website

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Pregnancy Discrimination Laws



Source: A Better Balance

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

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Center for Work Life Law

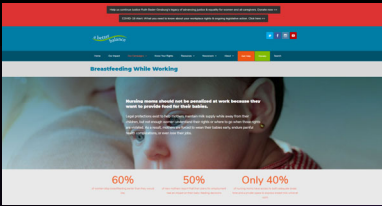


worklifelaw.org

Open Website

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A Better Balance



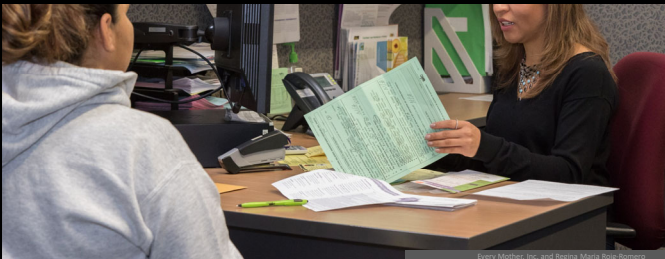
60% 50% Only 40%

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

[Open Website](#)

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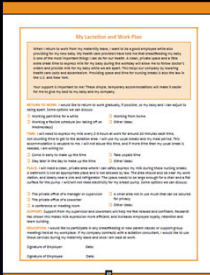
Pregnancy: Talk to the Supervisor



Every Mother, Inc. and Breast Milk Bank

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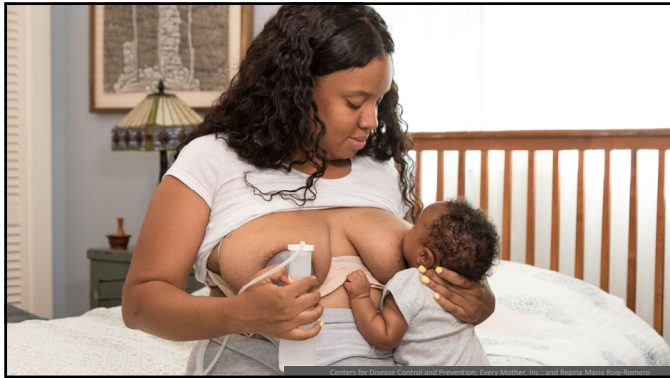
My Lactation and Work Plan



“Making it Work” Toolkit
New York Department of Health

www.breastfeedingpartners.org

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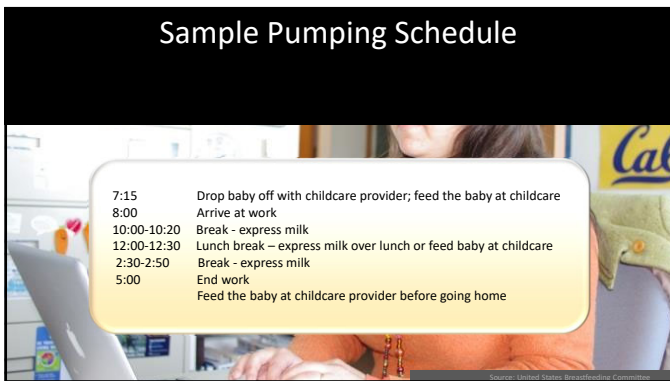
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The Magic Number!



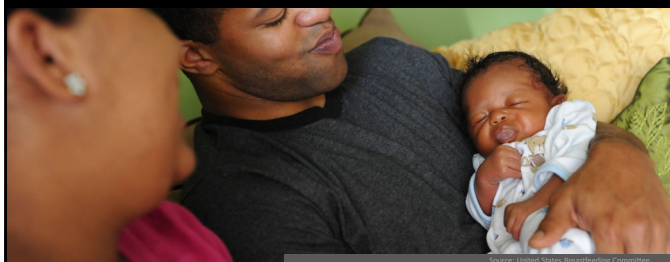
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Support from Family Caregivers



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Family Support



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Onsite Childcare Support



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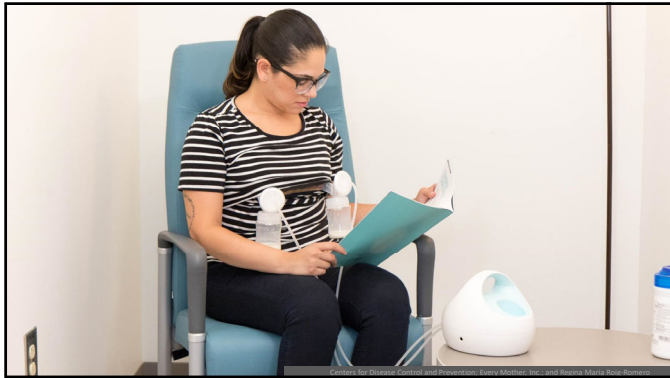
Poll #3

Businesses in YOUR Community

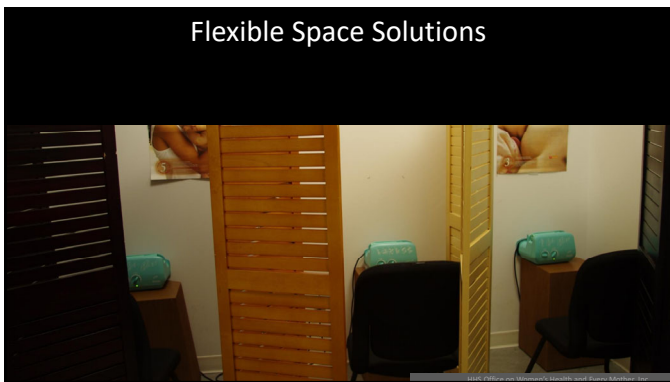
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Solutions for Space and Time

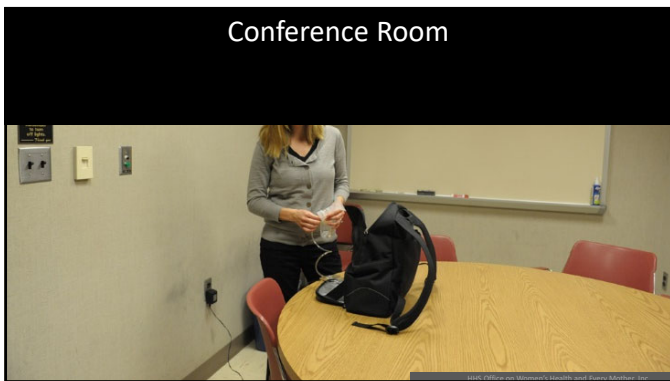
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Shared Space

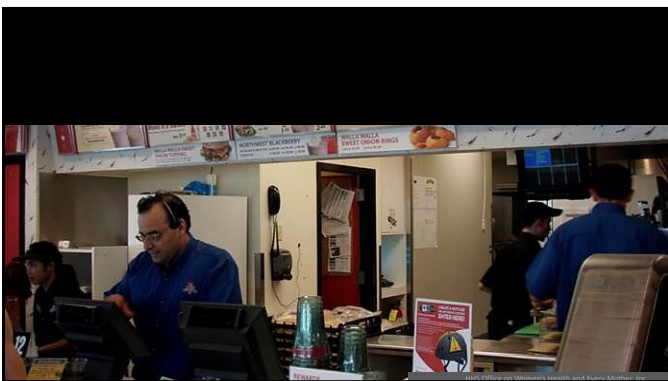


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Restaurants and Fast Food



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Walmart



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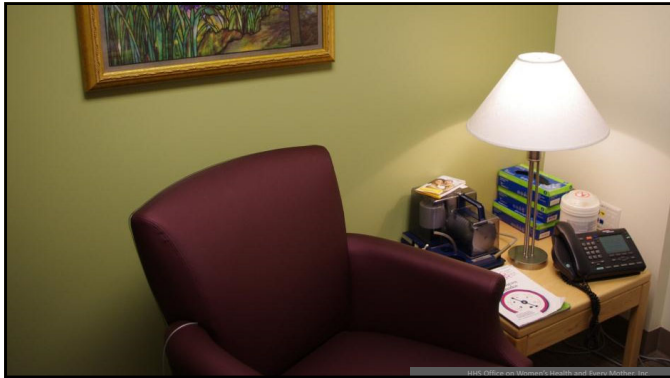


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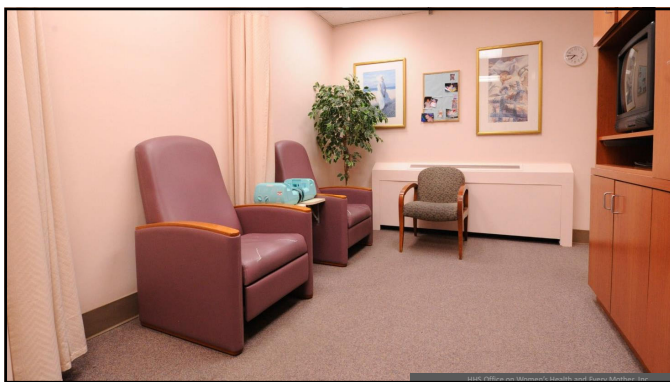
Hospitals



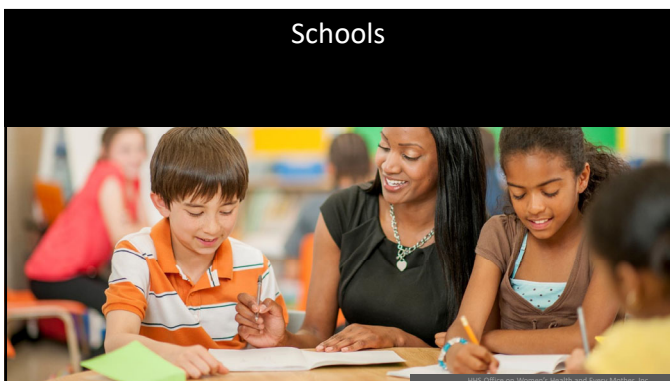
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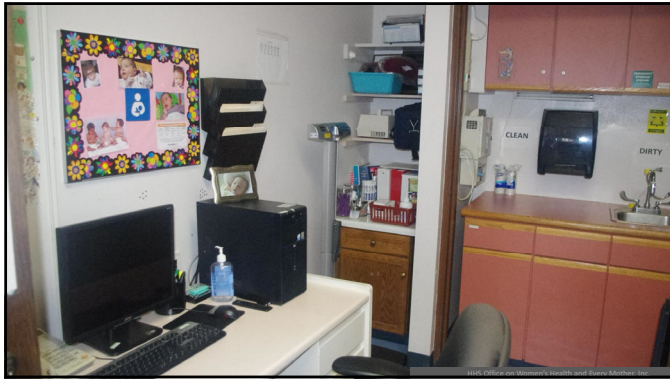
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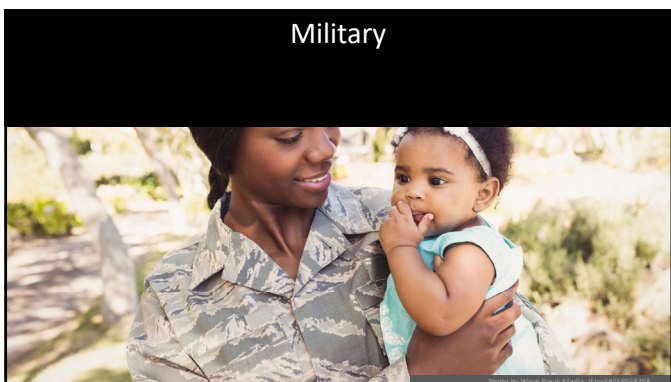
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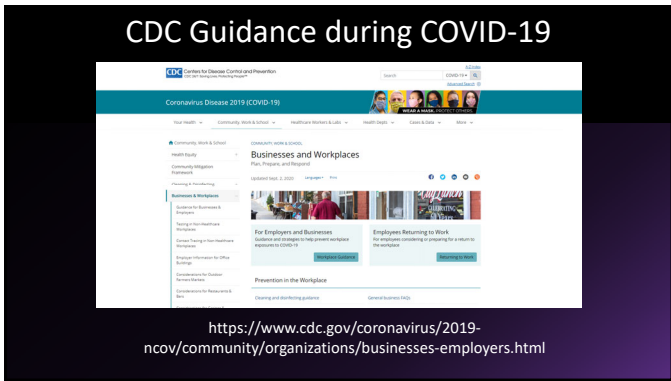
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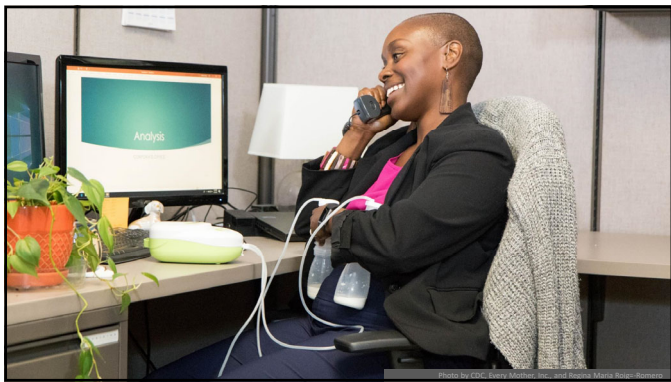
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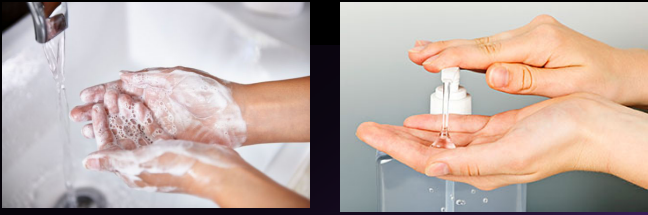


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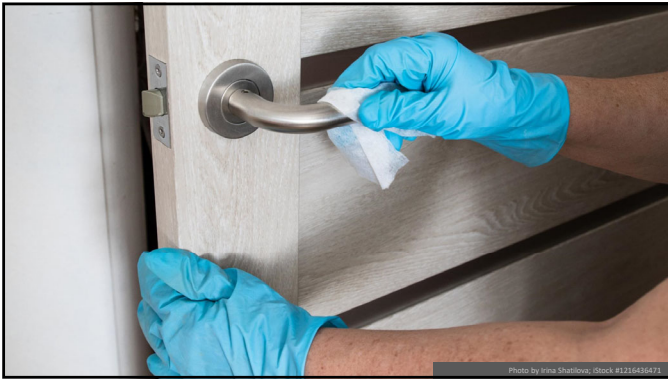


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Hand Washing



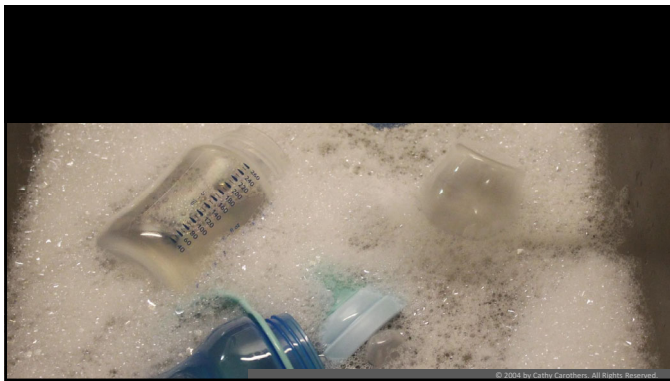
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How to Keep Your Breast Pump Kit Clean

BEFORE EVERY USE

- Wash your hands** with soap and water for 20 seconds.
- Inspect and assemble** the pump kit. Examine tubing, valves, and other components.
- Clean pump parts** using warm, soapy water and clean, lint-free cloths.

AFTER EVERY USE

- Store with safety** in a clean, dry container or use the collection bag that came with the pump kit. Do not store in a plastic bag.
- Clear pumping area** by using a disinfectant. Clean the table, counter, and surrounding area 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 using water 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 disinfectant. Do not use alcohol-based disinfectants on pump parts.
- Store the breast pump parts** in the best place.

CDC U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

CDC Guidelines
(English and Spanish)

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

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Working from Home



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Schedule Time to Be With Your Kids



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Embrace Technology



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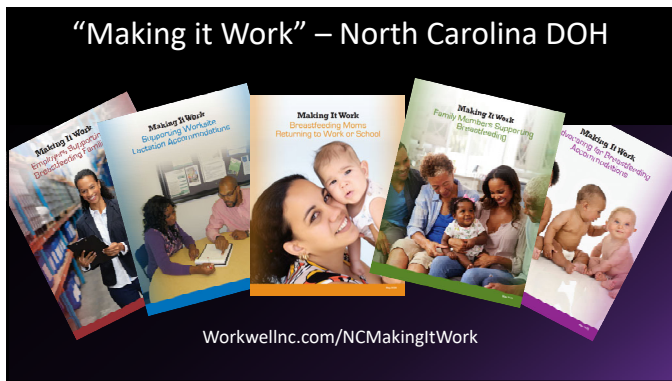
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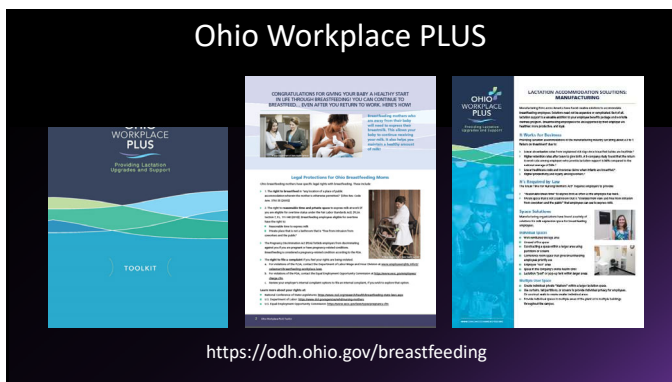
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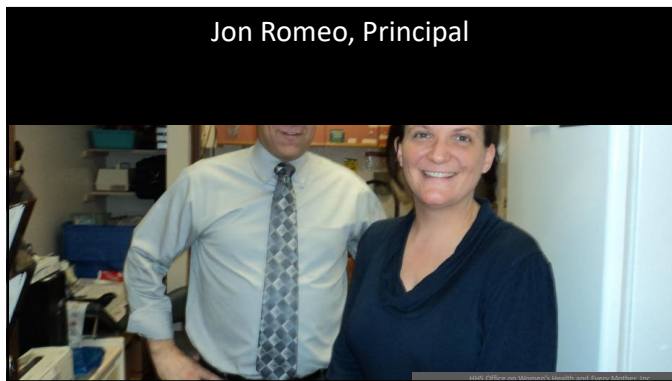
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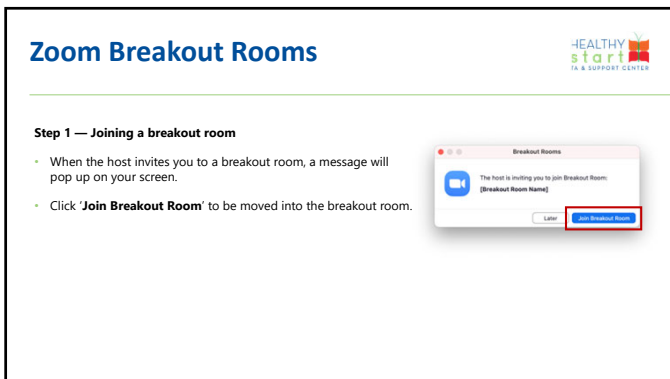
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Zoom Breakout Rooms

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.

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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.

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Zoom Breakout Rooms

Step 3 — Leaving a breakout room

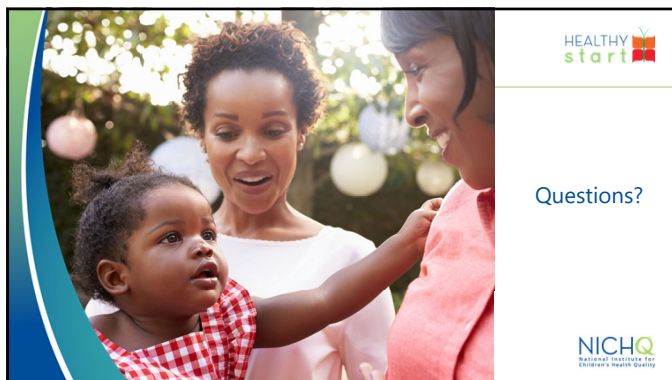
- When the breakout session is over, the host will close the breakout rooms.
- A pop up will appear. 1) Click **Leave Breakout Room** to immediately leave the breakout room, or 2) The breakout room will automatically close after 60 seconds and everyone will be moved back to the main room.

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

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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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Thank You!

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