

QUARTERLY MEETING

✨ [NOVEMBER QM Powerpoint](#)

✨ [VIDEO OF QUARTERLY MEETING](#)

✨ [VIEW MEETING CHAT](#)

CERP SESSION

10:00 - 11:00 CERP

- Welcome to our November CERP session!
- Explain that anyone who has purchased a \$40 Add-On, or registered as a FREE Student Add-On will receive a CERP for the session. Also, share what do attendees need to do to verify their attendance and how they will receive their CERP certificate? Renewal emails will go out each month to those whose add-on is expiring. If you would like to check on the date of your renewal please email info@nebreastfeeding.org.
- Please view our [2025 - 2026 CERP Policy](#) if you have not had the chance.
- **Because of the technical difficulties, we are offering the CERP from Larissa Moguel's presentation at no cost to those who attended the meeting. The video recording is attached to the meeting minutes so you can rewatch it at your convenience.**
 - To receive your CERP certificate, you will still need to complete the evaluation within the next two weeks.
 - Please note: This complimentary CERP is being offered solely due to the connectivity issues and it will not count toward the 4 CERPs included in the paid member CERP add-on.
- **Introduce Larissa**
 - Our presenter today is Larissa Moguel. She was born in Mexico City, and has been calling Nebraska home since 2004. She has worked with families with young children for many years. Her interest in attachment and maternal wellness grew when completed her Masters in Infant Mental Health and Early Childhood Education. Since then, she has been researching and learning more about attachment.
- Presentation by Larissa:
 - [Larissa's Presentation Slides](#)
 - [YouTube Video link](#)
 - **Breastfeeding Benefits and Attachment** : Larissa discussed the importance of breastfeeding for both nutritional and emotional reasons, emphasizing attachment and brain development. She highlighted the role of responsive feeding and the need for community support, especially in the early weeks. She also touched on different attachment styles and their long-term effects on relationships.

- **Early Childhood Attachment and Resilience** : Larissa pointed out the importance of attachment and connection in early childhood development, emphasizing how secure attachments can help children manage emotions and build resilience. She highlighted the need for supportive relationships and community interventions to promote healthy attachments, including breastfeeding and early childhood education. She also addressed the challenges of creating spaces for community support and the role of lactation consultants in fostering these connections.
- **Enhancing Breastfeeding Support Strategies** : The discussion following Larissa's presentation focused on improving breastfeeding and prenatal class attendance and engagement, particularly for underserved communities. Members discussed the importance of attachment and bonding in breastfeeding and highlighted the need for more doulas, OBs, and healthcare providers to support new mothers. The group explored strategies to increase attendance, such as hosting classes in community spaces, utilizing connections, and incorporating trauma-informed care. They also discussed the potential of leveraging social media and community-based approaches to provide real support and information to new parents.

MEMBER MEETING

11:15 – 11:30 Introductions

- Welcome to our November Quarterly Meeting!
- Members introduced themselves

11:30 – 11:50 Highlight 1: Therese Dansby

- Our first highlight for today's meeting is Therese Dansby
- Therese Dansby, BSN, RN, IBCLC became a Registered Nurse in 2007 and worked as a bedside NICU nurse for 7 years. She briefly pivoted to working as a nurse coordinator in a high-risk OB office and obtained half of her master's degree in nurse midwifery before realizing postpartum care was actually her jam. She then worked for a year as a postpartum home visit nurse before having her own first baby. Once she experienced how difficult breastfeeding could be, she pivoted to IBCLC training. Therese took the IBCLC exam in 2016 and never looked back. She currently homeschools her three children and works part-time as a lactation consultant, via outpatient private practice and inpatient care at Methodist Women's. She loves educating moms about breastfeeding via podcast guest interviews and also hosts her own podcast, Milk and Motherhood.
- [Therese's presentation](#)
 - Therese Dansby, an IBCLC, presented on the topic of information transformation and self-efficacy in breastfeeding. She highlighted the challenges of misinformation on social media and emphasized the importance of providing foundational breastfeeding education. Therese discussed her journey to

becoming a lactation consultant and shared insights on facilitating positive breastfeeding experiences for mothers.

- **Supporting Mothers in Motherhood Transitions** : Therese discussed the challenges modern mothers face in transitioning through the stages of motherhood, highlighting how information overload can impede their development. She emphasized the importance of intuitive decision-making in breastfeeding. Many resources were shared, including prenatal courses, digital cookbooks, and a membership platform, to support both mothers and healthcare providers.
- Find Therese's Prenatal online breastfeeding courses (for providers and clients) and digital cookbooks here: <https://theresedansby.wixsite.com/therese/about-5>
- Find more info about Earbud IBCLC here: <https://theresedansby.wixsite.com/therese/about-3-1>
- Find Therese's podcast here: <https://theresedansby.wixsite.com/therese/team-4>
- If time, does anyone have any questions for Therese?
- Thank you, Therese!

11:50 – 12:10 Highlight 2 :

- **Our second highlight is Alisha Mor.**
 - Dr. Alisha Mor has been practicing family medicine with obstetrics since 2016, and has been board certified in breastfeeding and lactation medicine since 2024. In her role as a physician caring for moms and babies, she has had the honor of guiding numerous families through their lactation journeys. As a mother, she has breastfed her own three children - ages 4yr, 2yr, and 6wk.
 - Alisha is a family medicine physician with a focus on obstetrics and lactation, shared her background and experience in guiding families through breastfeeding journeys. She shared her personal and professional journey in breastfeeding support, highlighting challenges and opportunities in rural areas.
- If time, does anyone have any questions for Alisha?
- Thank you, Alisha!

12:10 – 12:35 NE BFC Projects/Updates/Financial Report

Financial Report

- Fiscal year July 2025 - June 2026
- Q1: Amount of revenue \$1,320 (primarily 1:1 donations and Add-On's)
- Q1: Amount spent: \$4,386.75 (primarily Admin/Program contractor, technology, and marketing materials)
- Balance as of 9/30/25: \$26,230.91

NE BFC Committees Update: The NE BFC leadership team is beginning to organize our work through committees. This structure will help us better manage ongoing projects, new ideas, and strategic goals throughout the year.

- Each committee focuses on a specific area: Representation & Inclusion, Awareness and Education, Advocacy and Impact, and Connection and Collaboration. These committees will guide related initiatives, collaborate with partners, and track progress toward our coalition’s mission.
- By working through committees, we can stay organized, ensure follow-through on key priorities, and create more opportunities for members to get involved in meaningful ways.

1. **Representation & Inclusion Committee Purpose:**

To increase access to and visibility of qualified lactation providers across Nebraska and ensure the coalition’s leadership and membership reflect the state’s racial and geographic diversity.

Key Responsibilities:

- Maintain the website’s lactation support map and analytics
- Support CERP (Continuing Education Recognition Points) planning
- Oversee the mentorship program
- Explore development of a “Top 5 Breastfeeding Friendly” program

Annual Goals:

- Expand the online lactation support map directory by 50%
- Research and develop a “Top 5 Breastfeeding Friendly” program (referencing the *High 5 Mom & Baby* program in Kansas)
- Mentor at least 10 IBCLCs (per the 2024–2026 tracking plan)

2. **Connection & Collaboration Committee Purpose:** To strengthen partnerships with organizations and businesses that support breastfeeding and maternal-child health.

Key Responsibilities:

- Build and maintain a network of organizational partners
- Oversee the *Breastfeeding Friendly Business Award* program
- Manage funding and renewals for the *1:1 Hospital Campaign*

Annual Goals:

- Develop a structured organizational partners program (including contact lists, membership, and donations)
- Recognize at least 10 breastfeeding-friendly businesses
- Continue funding and renewal work for the *1:1 Hospital Campaign*

3. **Awareness & Education Purpose:**

To build awareness and engagement among lactation professionals by offering continuing education, networking opportunities, and outreach that promotes breastfeeding as the norm.

Key Responsibilities:

- Create content for social media and newsletters
- Support development of print materials
- Develop and manage the CERP schedule, coordinate speakers, and help plan quarterly meetings

Annual Goals:

- Increase coalition membership by 35% by June 30, 2028
 - Publish 100 educational social media posts during 2025–2026
 - Host four educational member meetings each year with pre-approved CERPs
4. **Advocacy & Impact Purpose:** to promote breastfeeding friendly policies across all levels of government and act as a key resource.

Key Responsibilities:

- Keep up on state and federal policies that directly impact breastfeeding or run adjacent to
- National Breastfeeding Month Proclamation each August
- Explore Top 5 Breastfeeding Friendly Program Development

Annual Goals:

- Provide legislative updates for social, newsletter, and quarterly meetings
- Meet with state level representatives regularly regarding legislative efforts

Once these committees are up and running there will be an opportunity for membership to be involved in planning/projects. Please email info@nebreastfeeding.org for any feedback or interest in participating in a committee.

NPQIC Breastfeeding Office Hours : NPQIC Breastfeeding project group is looking at ways to help offer breastfeeding education to clinical staff. Every month, they have an open "office hour" of sorts that will offer education on a specific topic, but also allow for any questions/concerns/issues any staff may have in an open forum. This will be a safe place to seek help/guidance.

- When: 3rd Wednesday of Every from 12:15 pm - 1:00 pm VIA ZOOM
- You can go to the NPQIC webpage below and find the breastfeeding initiative pages and see a link to each month's educational video. These are NOT password protected, so please share them with your staff or any other breastfeeding supporters who may benefit: <https://npqic.org/qi-projects/breastfeeding.html>

Upcoming CERPs:

- **Hope Lima - Latch Assessment and Management of Milk Supply**
- **Abigail Shipp - Infant Loss & Breastfeeding**
- **Jan Tedder - Hug Your Baby: Online training that will be offered from 11/15/25 - 1/30/26**
 - Free HUG Your Baby one-hour lactation workshop available for you!

- Our Breastfeeding Coalition is delighted to have collaborated with Jan Tedder, BSN, FNP, IBCLC, and her Hug Your Baby program to bring a FREE continuing education workshop to our members. *"Sharing Baby's Behavior: Promotes parent confidence and breastfeeding duration"*, approved for one (lactation) Cerp credit or one (nursing) Contact Hour credit, is available 24/7 to fit into your busy schedules. Her workshop and engaging parent resources have been well-received by other state-wide breastfeeding coalitions, as well as by WIC programs, nursing schools, and lactation conferences across the USA and around the world. Jan will attend our Feb 3 Coalition meeting at 11:20 CST for a brief Q&A session about this material.
- **STAY TUNED FOR THE LINK TO THIS TRAINING - AN EMAIL WILL GO OUT TO ALL MEMBERS ON 11/14/25**

12:35 – 12:45 Catch up/sharing/closing comments

- Share: What is happening personally in your role or your organization/community that you would like to share?
- [MCH 2nd Summit INFO](#)