

## QUARTERLY MEETING

[Link NE BFC Powerpoint](#)

Zoom Link: <https://us02web.zoom.us/j/85321213468?pwd=q7gIJBx7yPA8OvZrstgpuyChrHGAT.1>

## CERP SESSION

### 10:00 - 11:00 CERP (Melanie)

- Welcome to our February 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](mailto:info@nebreastfeeding.org).
- Please view our 2025 - 2026 CERP Policy if you have not had the chance.
- **Introduce Hope**
  - Dr. Hope Lima is a nutrition and lactation educator and clinician who wants to help raise the bar for how we care for clients in the field of maternal and child health. She is trained as a nutrition researcher, an International Board Certified Lactation Consultant (IBCLC), and a Registered Dietitian Nutritionist (RDN). Hope has advanced training in pediatric food allergies, metabolism, and utilizing an Internal Family Systems-informed counseling approach to support families.
- Presentation by Hope
- After presentation, if time: Are there any questions?
- Thank you, Hope
- Notes: **Dr. Hope Lima presented an in-depth session on lactation assessment and milk management, emphasizing a systematic, functional approach to evaluating infant feeding.** She reviewed key components of oral and feeding assessments, including infant anatomy, range of motion, milk transfer, and recognition of normal versus abnormal findings to support timely referrals and care coordination. Hope also walked participants through practical milk supply calculations, infant intake needs, and supplementation planning, highlighting strategies for managing both low supply and oversupply. Throughout the session, she reinforced the importance of individualized care, staying within professional scope, and supporting families through clear education and shared decision-making.
- View Hope's slides and resources shared [HERE!](#)

## MEMBER MEETING

### 11:15 – 11:30 Introductions

- Welcome to our February Quarterly Meeting! (Melanie)
- Call on each member present via zoom and ask them to share their name, community, organization & their title or role. Ask anyone who is able/would like to introduce themselves to turn on their camera.
- If you are a leadership member please identify yourself during your introduction.

### 11:30 – 11:50 Highlight 1: Jan Tedder (Karina)

- Our first highlight for today's meeting is Jan Tedder. Jan Tedder, BSN, FNP, IBCLC has been a Family Nurse Practitioner and Lactation Consultant in primary care settings for decades. She is the founder of HUG Your Baby, an award-winning program that provides training and resources across America and in 50 countries. As a published author and international educator, Jan was honored as the *North Carolina Maternal-Child Nurse of the Year*, one of the *Great 100 Nurses of North Carolina* and the *American Nurses Association's Innovative Nurse of the Year*.
- Jan's presentation.
- Questions for Jan (Melanie)
- Thank you, Jan!

- Notes: Jan Tedder presented on her program "Sharing Baby's Behavior," which aims to help parents understand their baby's behavior and interpret it accurately to support breastfeeding. She discussed the importance of integrating child development, pediatrics, and lactation literature to provide anticipatory guidance to parents. Jan shared examples of how broadcasting and commenting on a baby's behavior can help parents understand their baby's cues and improve their confidence in parenting. She also highlighted her digital parent resource page, which includes videos and tools to help professionals educate parents on understanding their baby's behavior and development. Jan encouraged attendees to access her free one-hour course and consider implementing her resources in their organizations.
- Jan discussed the Hug Your Baby training and its potential fit with Nebraska's home visiting specialists. Ann highlighted Nebraska's widespread network of knowledgeable home visitors and suggested sharing the training resource with them.
- Jan has extended the deadline to take this training [VISIT HERE](#) to take now!
- To contact Jan email: [jan@hugyourbaby.org](mailto:jan@hugyourbaby.org)

### 11:50 – 12:10 Highlight 2 : (Liz)

- **Our second highlight is Leah James.**
  - Leah James, BSN, RN, IBCLC is a mother of two, International Board Certified Lactation Consultant and Registered Nurse. Leah has experience working as a Lactation Consultant in the hospital, WIC, and clinic lactation settings. Leah will share some of the quality improvement breastfeeding projects she and the lactation team have worked on and implemented over the past 10 years at CHI Health St Elizabeth hospital.
  - Leah's presentation.
- If time, does anyone have any questions for Leah?
- Thank you, Leah not only for your presentation but for hosting us today!
- Notes: Leah James presented quality improvement projects at CHI Health St. Elizabeth Hospital, including the implementation of shared community breastfeeding policies and the EAT Protocol in the NICU. Their efforts demonstrate how hospital-based initiatives can meaningfully improve breastfeeding support and outcomes for families across the region.

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

#### Angie/Tiffany update - Legislation Update

- Tiffany and Angie gave an update on the current legislative session and noted that MCH efforts this session aren't moving forward as they had anticipated. They discussed collaboration with members/organizations to discuss further. The group addressed insurance coverage for lactation support, noting complexities with Medicaid and private insurance plans. Tiffany explained legislative work to expand access to lactation support for economically disadvantaged families.

#### Financial Report (Tami)

- Fiscal year
- Q1: Amount of revenue \$10,440 (primarily 1:1 donations and Add-On's)
- Q1: Amount spent: \$7,670.51 (primarily Admin/Program contractor, technology, and marketing materials)
- Balance as of 12/31/25 \$33,387.15

#### CHI Donation Renewal (Melanie)

- We're excited to announce that CHI Health has renewed their support of the Nebraska Breastfeeding Coalition through our 1:1 Hospital Donation Campaign. This continued partnership allows us to continue the work being done across Nebraska to support breastfeeding families.
- Notes: Discussed 1:1 donations, Daina has a potential contact at the hospital in Seward. Alexis is going to send over a letter and any materials that are usually sent out with these donation asks.
- We would love to collaborate with anyone who may have connections to hospitals and can help us get contact info.

## Leadership Team Applications Open (Melanie)

- Are you passionate about advancing breastfeeding support in Nebraska? The Nebraska Breastfeeding Coalition is seeking new members to join our Leadership Team! This is a chance to share your skills and ideas while helping guide the coalition's mission and strengthen breastfeeding support statewide.
- Per the bylaws of the NE BFC, the LT is a group of up to 13 self-nominated individuals. Members of the LT:
  - are asked to complete a Conflict of Interest form and a LT Commitment form,
  - may serve for up to three two-year terms,
  - are expected to attend four Quarterly Member Meetings (combined with a LT meeting) and eight monthly LT meetings, either in person or virtual, and
  - agree to participate in at least one NE BFC committee or project.
  - **Please Note:** The Quarterly Meetings are currently held on the first Tuesday of February, May, August, and November. Continuing education is held from 10-11 am. A member meeting follows from 11:15 – 12:45, and a LT meeting is held from 1 – 2:30 pm. During months without a Quarterly Meeting, LT meetings are held from 1-2:30 pm on the first Tuesday of the month.
- We encourage you to apply. Questions are welcome!
- Link in chat: <https://forms.gle/euKf9rokJN4ChyEH6>
- **Applications due by: March 1st, 2026**

## Upcoming CERPs: (Alexis)

- **Abigail Shipp - Infant Loss & Breastfeeding in Omaha NE**
  - Understanding the emotional, physical, and psychological impacts of pregnancy and infant loss and the breastfeeding journey
  - Best practices for providing compassionate lactation care during one of life's most difficult moments
  - Providing options to families with regards to their milk supply after experiencing a loss
  - How practitioners can process the emotional load of supporting a grieving family during their lactation journey
- The Nebraska Breastfeeding Coalition is always looking for **new voices and fresh topics** to help educate and inspire our members—and many of you in this room already have the knowledge and experience that would make an excellent CERP presentation. **You do not need to be a professional speaker** to present. Some of our most impactful sessions have come from people sharing practical experience, program models, case studies, research updates, or lessons learned from the work you're already doing.
- Presentations can be **solo or co-presented**, and we schedule well in advance to allow plenty of prep time. We also provide a **speaker stipend** and continuing education credits for attendees.
- If you're interested—or even just *curious*—we would love to talk with you. You can reach out to us after the meeting, send an email, or fill out the interest form we'll be sharing.
- <https://forms.gle/1nV1X75fvnuDiMG76>

## 12:35 – 12:45 Catch up/sharing/closing comments (Melanie)

Share: What is happening personally in your role or your organization/community that you would like to share?

- Karina brought forward the discussion on donor milk. The Malone Center is seeing an increase in requests for donor milk. She discussed getting the word out there about potential milk donors and getting them in contact with the Malone center to start the process.
- NE BFC discussed a social media / newsletter push for this and even adding this info to our website for parents/provider resources.