

Milk Droplet

COMMUNITY LACTATION ASSISTANCE PROJECT NEWSLETTER

SACRAMENTO COUNTY WIC PROGRAM

OVERCOMING CHALLENGES: BREASTFEEDING MULTIPLES

*A Story of a Mother's
Determination*

"The boys ended up in the hospital when they were around 2-3 months old. One was transferred to the NICU in a different hospital so to continue breastfeeding them I drove between hospitals for each feeding time. Both babies were still exclusively breastfeeding the entire time. Neither of them ever got one drop of formula at all. I would latch one baby in the hospital, then pump so they had extra in case they were hungry later. Then I would drive to the next hospital and breastfeed that baby and then pump.



So my big accomplishment would be that through all of the times at the hospital and all of the late night crying when they were home, they have been exclusively breastfed (and that includes tandem feeding them by myself!).

I feel really proud when I look at my babies and I know that they have been sustained their entire lives being fed by only me. It's really hard to put into words how it feels. It's amazing to watch them grow and know that they keep growing because of me. It's crazy to know that I can fill up their little tummies with just my milk." -Mikayla (CLA Project Mother)



Photo: US Breastfeeding Coalition

BRIDGING THE GAP IN LACTATION SUPPORT SERVICES

The Community Lactation Assistance (CLA) Project is bridging the gap in lactation support services for many mothers across Sacramento County.

In 2002, Sacramento County WIC Program was granted funding by First 5 Sacramento to provide direct breastfeeding support services. Through continued funding, the CLA Project continues to stand in the gap while healthcare reform lags to meet the needs of the community. The ease of access for advanced level lactation services provided by Lactation Consultants (LCs) at Sacramento County WIC provides many mothers the support they need to be successful in their breastfeeding journey.

The CLA Project serves approximately 600 mothers per quarter with a variety of breastfeeding support services, ranging from lactation consultations to answering breastfeeding questions and concerns from the helpline. Mothers trust Sacramento County WIC because they know that they are able to get their breastfeeding concerns addressed by the CLA Project staff even on a drop-in basis.

Outside of the lactation support services funded by First 5 Sacramento, many mothers encounter barriers to getting the services they need. The major barriers mothers have in accessing breastfeeding support services are cost, appointment availability, and transportation issues. Funding from First 5 Sacramento has aided in decreasing these barriers for families across the county.

Here is one mother's thoughts on how the CLA Project is bridging the gap in services: *"I cannot say enough great things about WIC! I do not qualify for WIC services, but I called their hotline to ask questions one weekend because I was desperate. They called me back right away and told me about their breastfeeding support program that was available to those who do not qualify for the standard WIC services. A consultant offered to meet with me and was of great help. She was so sweet, nurturing with my baby and very knowledgeable. She reassured me that my breastmilk was sufficient and that my baby was getting enough nutrients."* - Sac County Mother

Community Lactation Assistance Project

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MAKING A DIFFERENCE

The Sacramento County WIC Program’s breastfeeding support services provided by the Community Lactation Assistance Project (CLA) makes a significant difference in the way mothers feed their infants. The charts below illustrate the dramatic increase in breastfeeding rates when comparing WIC families who received at least one CLA Project service to those who did not. Charts are based on data from fiscal year 2017-2018.

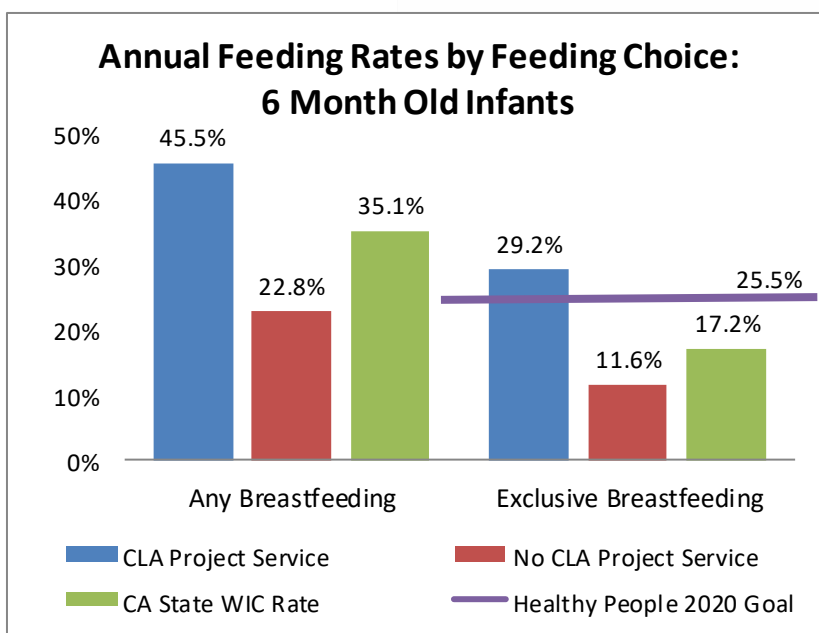
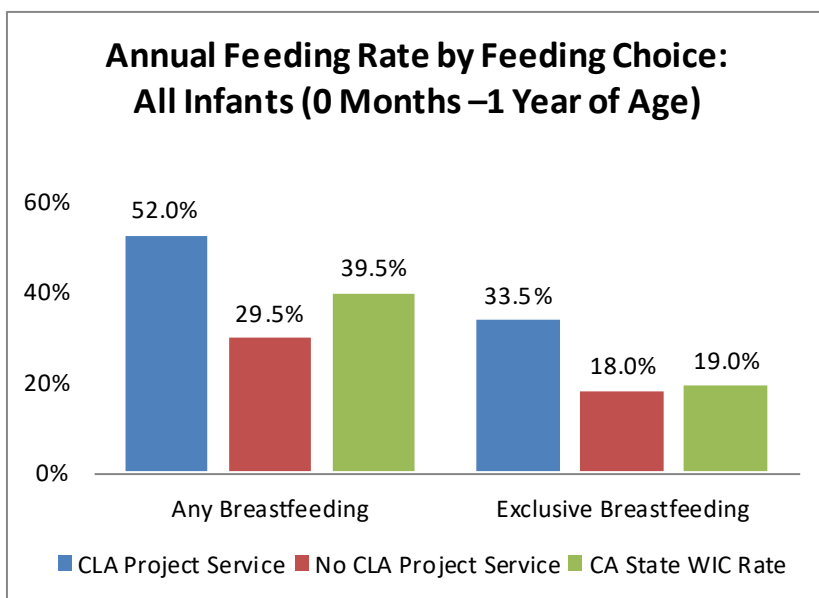
The first chart shows the feeding rates for all Sacramento County WIC infants (0 months –1 year of age). The second chart shows the feeding rates of six month old infants.

Definitions:

- **Any Amount of Breastfeeding:** Infants receiving only breastmilk or in combo with infant formula
- **Exclusive Breastfeeding:** Infants receiving only breastmilk (and complementary foods when appropriate)

The rates for any amount of breastfeeding and exclusive breastfeeding were statistically higher among families that received a CLA Project service for both age groups.

WIC agencies are only required to provide basic breastfeeding education to their families. Without the support of lactation professionals, the breastfeeding rates for DHS WIC would be below the State WIC average, signaling the decrease in number of Sacramento babies receiving the benefits of their mother’s life saving milk.



BREASTFEEDING REFERRALS:

Know a Sacramento County mother needing breastfeeding support and care? Please have her call our **Breastfeeding Helpline** at:

English: 916-875-2120

Spanish: 916-875-2121

**Because breastfeeding isn’t always easy,
but it is worth it!**

Sacramento County WIC Program

Phone: 916-876-5000



CLA Project is made possible with funding from First 5 Sacramento.
WIC is an equal opportunity provider and employer.