



# ***Alma, Corazón y Vida***

## ***Soul, Heart, and Life***

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Breastfeeding Support Centered in  
Community Wisdom

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**No Disclosures**

# Learning Objectives

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**OBJECTIVE #1:** Explain the difference between translation, interpretation, and trans-creation.

**OBJECTIVE #2:** Explore biases related to lactation care for Latinx Community

**OBJECTIVE #3:** Explain why it's so important to listen to community members to identify initiatives at community level.

# Context

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- Latest CDC Breastfeeding Report (2017), shows initiation rates at 92.2% in Colorado.
- From 2009-2011, CDC data show **37% of Hispanic and Latino infants in Colorado** were being breastfed at six months versus **59% of Non-Hispanic white infants**.
- Fewer non-Hispanic Black infants (73.7%) are ever breastfed compared with non-Hispanic White infants (86.7%) and Hispanic infants (84.1%).
- Infants eligible for and receiving the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) are less likely to ever be breastfed (77.0%) than infants eligible, but not receiving WIC (82.1%), and infants ineligible for WIC (92.1%).
- Younger mothers aged 20 to 29 years are less likely to ever breastfeed (82.4%) than mothers aged 30 years or older (85.2%).

[https://www.cdc.gov/breastfeeding/data/nis\\_data/rates-any-exclusive-bf-by-state-2017.htm](https://www.cdc.gov/breastfeeding/data/nis_data/rates-any-exclusive-bf-by-state-2017.htm)  
[https://www.cdc.gov/breastfeeding/data/nis\\_data/rates-any-exclusive-bf-socio-dem-2017.html](https://www.cdc.gov/breastfeeding/data/nis_data/rates-any-exclusive-bf-socio-dem-2017.html)  
<https://www.cdc.gov/breastfeeding/data/facts.html#disparities>



There is no greater power  
than a community discovering  
what it cares about.

Ask “What is possible?”  
not “What’s wrong?”  
Keep asking.

—Margaret Wheatly





——— *Red Latina de Salud y Educación* ———  
The Latino Network for Health and Education



systems development

community identity

embodies “cultural humility”

strengths and resources

collaborative, equitable partnership

co-learning and capacity building

cyclical and iterative process

knowledge generation and mutual benefit

local relevance

disseminates results to all partners

broaden the bandwidth of validity

commitment to sustainability

# Language Justice

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Language justice is about:

- building and sustaining multilingual spaces in our organizations.
- ensuring that everyone's voice can be heard both as an individual and as part of a diversity of communities and cultures.
- recognizing the social and political dimensions of language and language access, while working to dismantle language barriers, equalize power dynamics, and build strong communities for social and racial justice.

*Translation Interpretation Transcreacion*

Source: <https://languagejustice.org/>



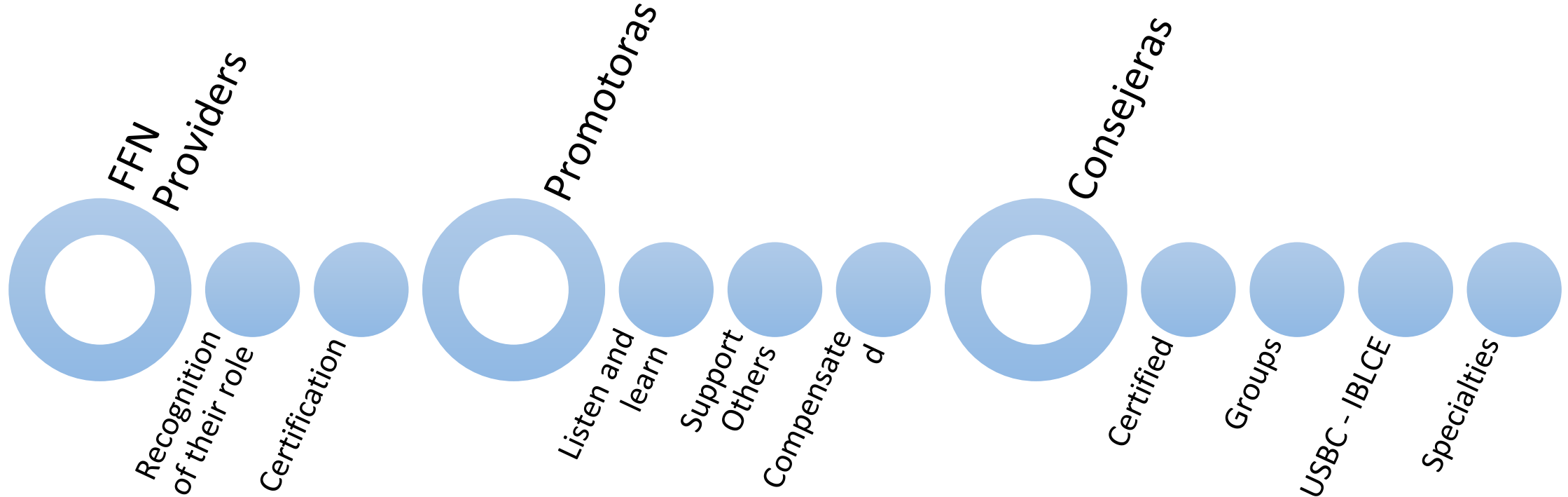
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Vision:  
We are a society where each parent has the **tools and the power** to raise healthy and happy children, **direct** the creation of community resources, and be **valued as the experts** in health, education and well-being of their families.





# Consejeras de Lactancia Program



January 2019– 24 participants

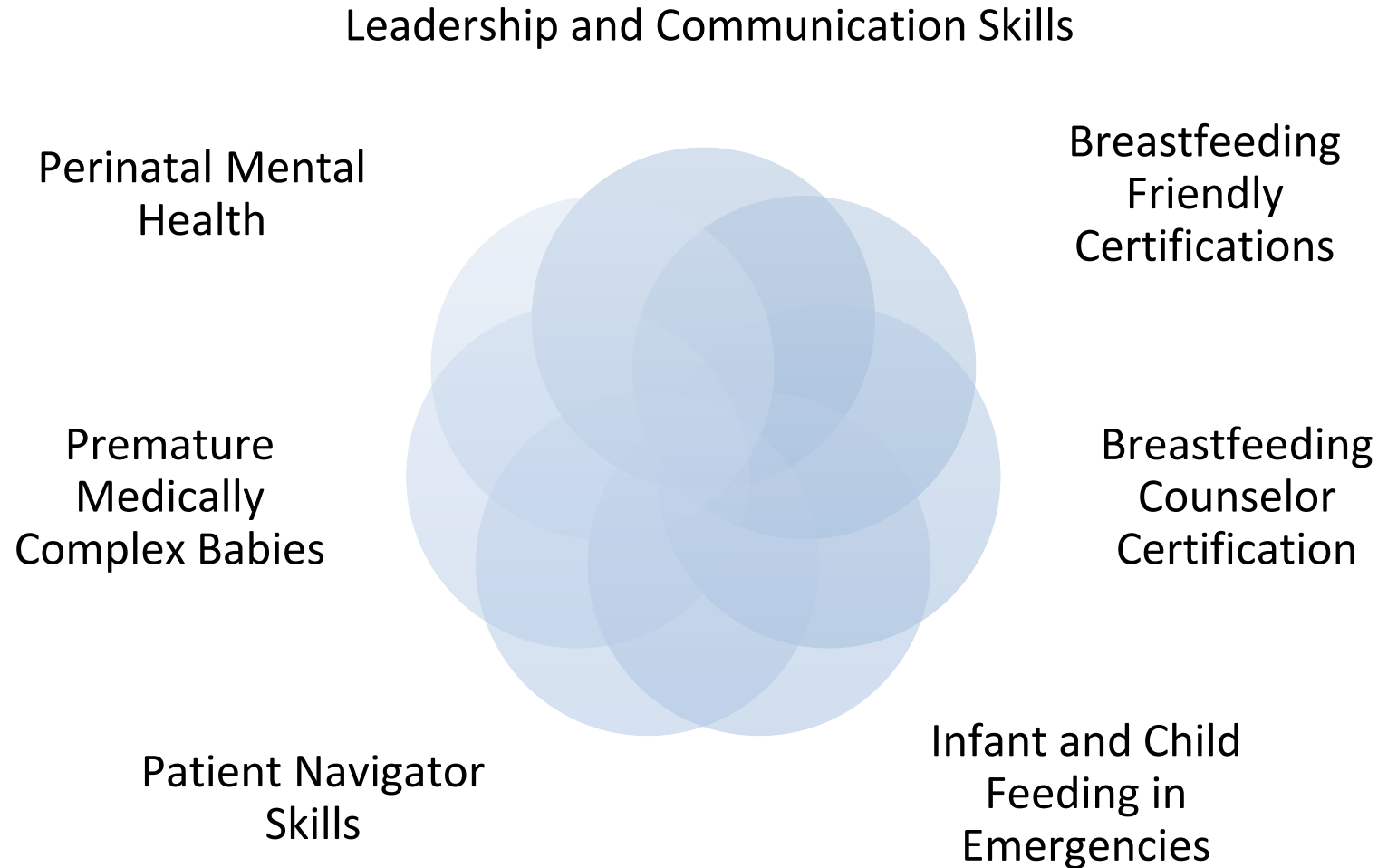
March 2019 – 9 participants 18 certified

May 2019- 14 participants in 2 year cohort

# Areas of Work

**“Equity embraces complexity as cause for collaboration, accepting that our fates are inextricable”**

Equity Manifesto by Policy Link



- Warmline and Groups
- Completed Lactation Counselor Curriculum
- Transcreation of Beginning Rhythms and Keys to Caregiving, and working on Community Lactation Access Project
- FFN and in-home providers certifications
- Infant and Child Emergency Preparedness Plan - ACTIVATED!
- Proclamation for World Breastfeeding Week
- International Board Lactation Consultants Examiners (IBLCE) recognition.
- United States Breastfeeding Committee (USBC) membership as a cultural coalition



# Biases Related to Lactation Care for Latinx Community

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“A bias is a tendency, inclination, or prejudice toward or against something or someone...biases are often based on stereotypes, rather than actual knowledge of an individual or circumstance. Whether positive or negative, such cognitive shortcuts can result in prejudgments that lead to rash decisions or discriminatory practices.”

Source: Psychology Today. <https://www.psychologytoday.com/us/basics/bias>

# Biases Related to Lactation Care for Latinx Community

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## Stereotypes

- We are all Mexican immigrants
- We are all brown
- We are undocumented
- We are poor
- Spanish is our only language

All of these can be considered microaggressions. “They are defined as the everyday, subtle, intentional- and often unintentional- interactions or behaviors that communicate some sort of bias towards historically marginalized groups.” Kevin Nadal



# Stereotypes- We are all Mexican immigrants

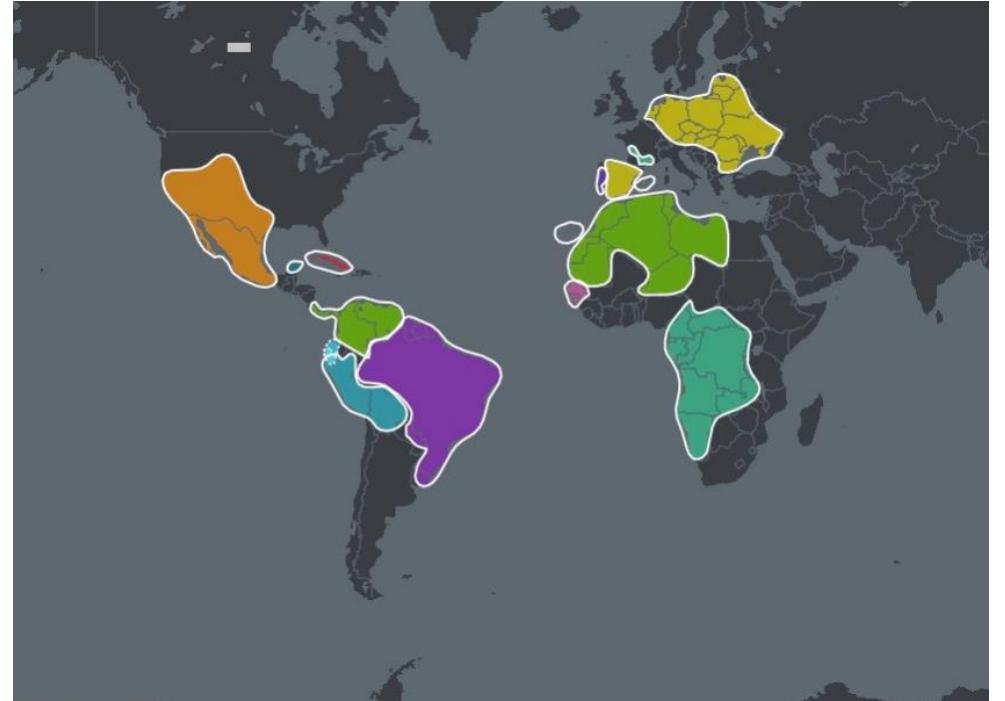
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- “What part of Mexico are you from?”
  - Ethnic assumptions
- Latinxs come from different countries.
- Some have been in the USA for generations, and they might not identify with their family’s country of origin.
- Some have been here since before this was the United States.
- Adelante Consejeras demographics.



# Stereotypes- We are all brown

- “You don’t look Latinx” or “You’re cute for a Mexican girl”
  - Backhanded compliments
- We are descendants from different races and ethnicities.
- Children from the same mom and dad can have different color of skin, eyes, and hair.



# Stereotypes- We are undocumented

- “Latinxs are illegal and they are taking Americans’ jobs.”
- Some Latinxs were born in the USA.
- Puerto Ricans are US citizens.
- Immigrants come from different reasons:
  - To study, to work and to provide for our families, to escape violence or persecution

All of us want to contribute to the society.



# Stereotypes- We are poor

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- “All Latinxs get government assistance” or “how can you afford college?”
- Some Latinxs have college degrees and/or own business.
- Like some Americans, some live in poverty.



# Stereotypes- Spanish is our only language

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- Some Latin American countries speak more than 2 languages.
  - Some Latinxs are polyglots
- Some latinxs don't speak Spanish.
- We might have an accent.
- The United States doesn't have an official language.





# Biases Related to Lactation Care for Latinx Community

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- We are all in WIC.
- We offer both breastmilk and formula or “Las dos.”
- We share the same breastfeeding myths.
- We don’t need breastfeeding help.

# We are not all in WIC

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- We have different backgrounds and socioeconomic status.
- We might not trust public programs.
- We want to provide for our families.



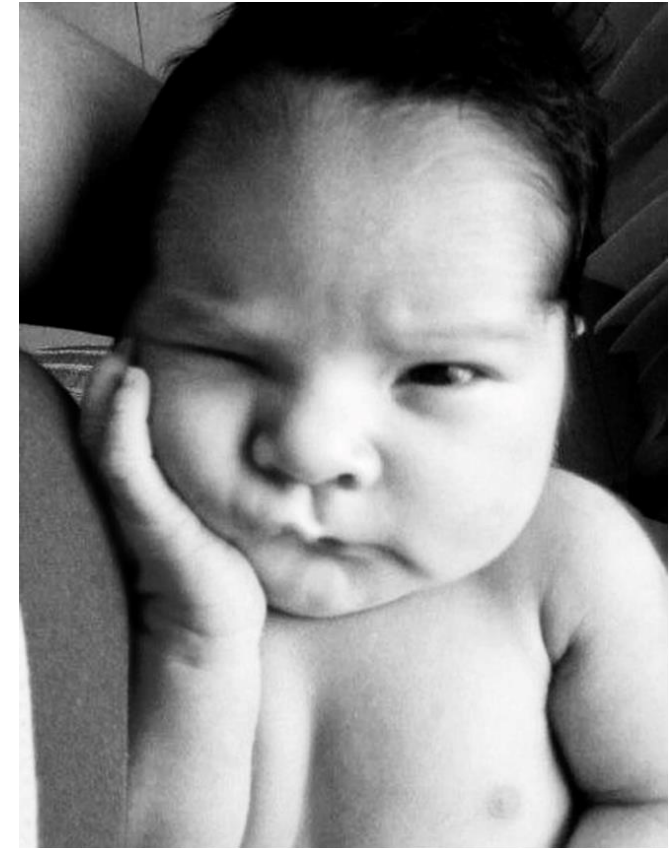
# We don't all offer “Las dos”



- Most Latinxs families want to breastfeed exclusively.
- We might do both if we are working.
- If we have physically demanding jobs we might not ask our boss for pumping breaks.

# We need breastfeeding support

- Every mom is different and some might be successful with breastfeeding while others are not.
- There is more commercialization of formula which leads to less breastfeeding.
- There are not enough lactation consultants who understand the Latinx culture.



# We don't share the same Breastfeeding myths

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- Latinxs are culturally diverse.
- Myths vary in every country.
- Food is different in every country.





# How to Connect with Families

- Never assume anything, ask instead.
- Look at our body language.
- Apologize when making mistakes.
- Use any Spanish you know.
- Don't comment on our accent.
- Validate our feelings and experiences.
- Pay attention to the babies/children.
- Accept small tokens of appreciation.



# Elisa

*“When I got pregnant, I didn’t imagine having a complicated pregnancy, but it got complicated with health issues. I got a disease called Hyperemesis Gravidarum, and with this disease I had a lot of complications like vomiting throughout the 9 months of pregnancy, fading, fainting, etc. I even had to be hospitalized for a few days because of dehydration, and then during that time, I didn’t have the opportunity of having the information about a proper breastfeeding.*

*I am used to that with any subject that will occur in my life, specially something so important as lactation and pregnancy, I try to get the information. But in this situation , I left out lactation searching for the 38- 40 weeks of pregnancy... it was complicated. It was extremely hard for me to get the information because of my health condition.”*

*“Suddenly around the 9th month, I was about to give birth to my baby, and I didn’t have the information. Also the birth was unexpected because it wasn’t on the time planned, but at the time that I want to start lactation and enjoy, I didn’t have the information or any companion.*

*In the moment I see myself in need, I look for the support of the Counselor Susana, that is when I start having this valuable information, for me to accomplish my breastfeeding. Her support was very important, informative and emotional during the process, that motivated me to try different positions for my baby to latch.”*

*“Knowing how my baby had to have his mouth in order to feed better, and specially in this emotional part, not to fade because of how complex lactation may seem, the fact of being able to incorporate back to work with the possibility of having a breast pump if is necessary, also having the information on how to store milk for the time I wouldn’t be with my baby.*

*And I received all this information in a manner with lots of tranquility, with lots of peace, that was what the Consultant (Counselor) always expressed... with peace and tranquility, and most of all with the strength that I can do this, I can establish a successful lactation. That’s why I am so thankful with the Lactation Counselor. Thank you so much for listening to this testimonial”*

# Lactation in the Community

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# What works for them?

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# Multicultural & Multigenerational Groups





# Peer Understanding



# Tools

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# It takes a Village





# Adriana

*“My name is Adriana, I am 37 years old and I have an 8 month old baby. I have been participating in “Es tu Hora Mama” with Lorena, and I am happy to be there, mainly because Lorena & Graciela have been very kind and I see the importance of having somebody to listen to you about any doubts, a support on how to breastfeed, there are lots of myths on what hurts **or** not in mother’s alimentation when breastfeeding... many, many interesting things.*

*They have help me clear out my doubts, sometimes listening to things we do, what we listen to... what to do, or what not to do, and too value the importance of human milk in babies. I knew that breastmilk is the best for babies, but I have learned even more how it helps my baby’s development when I feed him my milk.”*

*Is good to have a support person to clear out doubts, or sometimes frustrations that may arise not knowing if I am doing things right or wrong.*

*Well, I would strongly recommend to continue with that hour, them helping us, and for anybody that wants to take that hour, you can almost say a resting time, stop doing what we are doing to be there and support each other.*

*Supporting us because sometimes with other people opinions, suggestions, we can learn things, and that is very good, to have that hour for yourself.. That's all - Thank you!"*



# Susy

*“I started in the Adelante support group in 2017 at the invitation of a very good friend. As a volunteer I learned that they also had a breastfeeding support group.*

*With my first baby, I went through all the problems and barriers that a mother can face while breastfeeding, I had low milk production, poor latch on my baby, inverted nipples, plugged ducts and many feelings of helplessness knowing that my baby wasn't gaining enough weight, I was feeling sad and desperate.*

*Fortunately, on my way I met angels who guided me along this path where it seemed I could not find answers. My angels were lactation consultants who supported and trusted me and gave me that assurance that I could and that I was fully capable of feeding that baby. At three months of my baby's life, I achieved a successful breastfeeding.”*



*When I learned that Adelante support group was offering trainings in Spanish at no cost to become certified as a lactation consultant, my heart immediately said “I want to be part of this and support other women who are now going through the same thing that I went through, I want to pass on what I learned during my journey and pass that experience so that many more Hispanic mothers achieve successful breastfeeding and give their children that liquid that gives life and love ”.*

*So, I started taking the training to become a lactation counselor, I had my second baby and at two months old and I started going to classes again and we even took him as a model for practice.*





*For me it was a beautiful experience to now be on the other side and support the mothers who needed help at that time. It has been an experience of personal growth, but most of all it has been an experience that has marked my life. I was able to successfully breastfeed my two children until almost two years of age when I believed that that was not for me, that I was one of the women who, well, I did not have enough milk to be able to do it, but now I know that all women We have good milk, that we are fully capable of achieving it and that the only thing we need is that support from the family, the partner and that self-confidence that we can achieve it. My name is Susana Arreola and I am proudly a lactation counselor for the Adelante lactation support group.*





# Our team

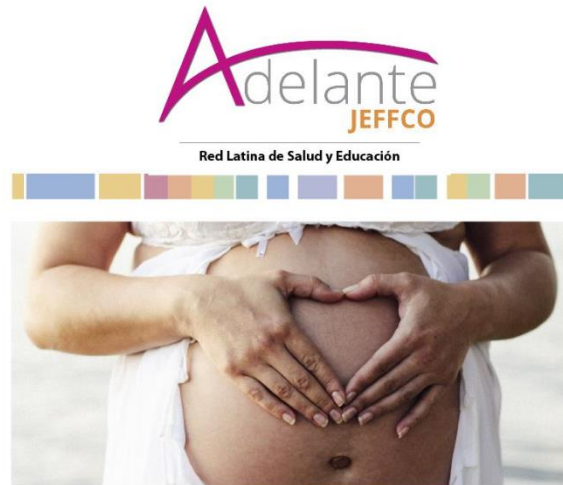


Learn more:

Visit: <https://bit.ly/2G5HhBQ>

Also offering IN SPANISH:

- **Beginning Rhythms and Keys to Caregiving** in partnership with Special Kids, Special Care with the financial support from the Mother's Milk Bank.
- **COMING SOON: Community Lactation Access Project (CLAP)** a 45 hours clinical lactation training.



**CONSEJERAS DE LACTANCIA (720)507-7265**



# Gracias

