

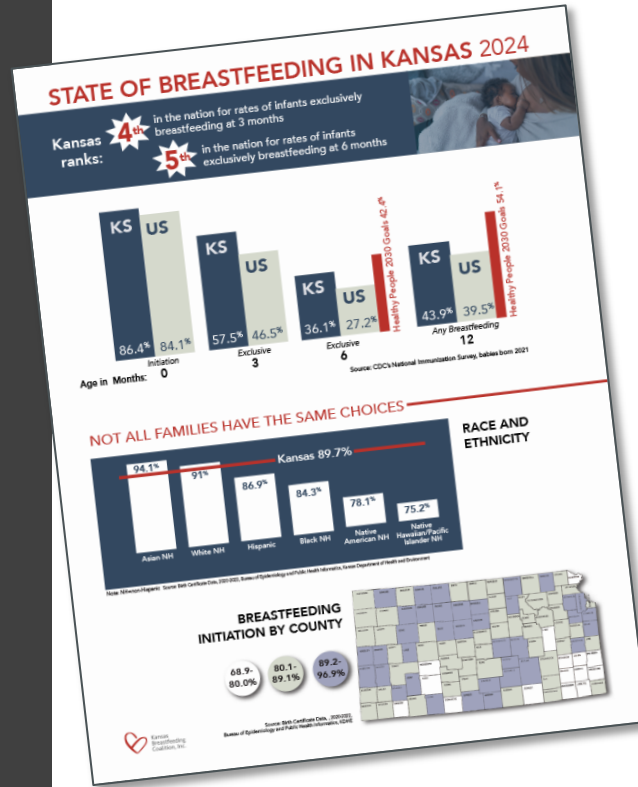


KANSAS BREASTFEEDING COALITION

Brenda Bandy, IBCLC
Executive Director



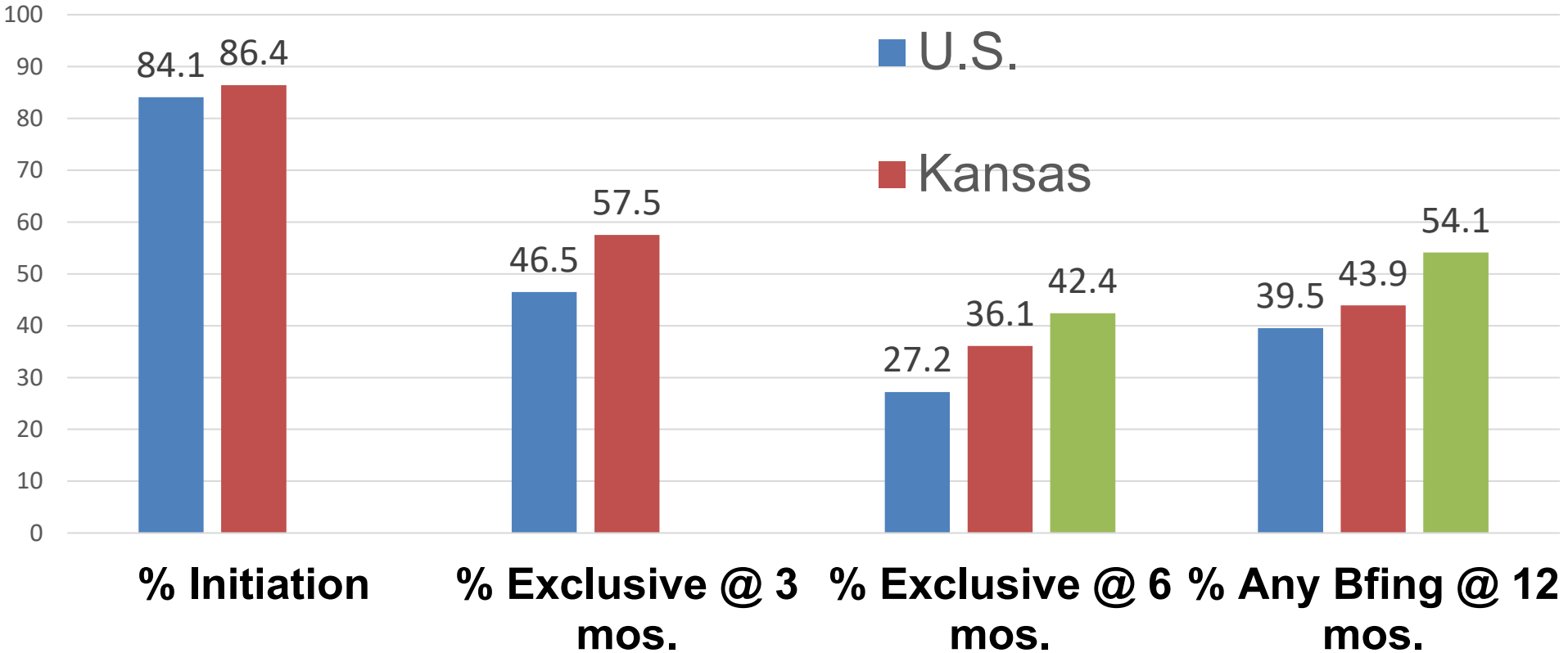
STATE OF BREASTFEEDING IN KANSAS 2024



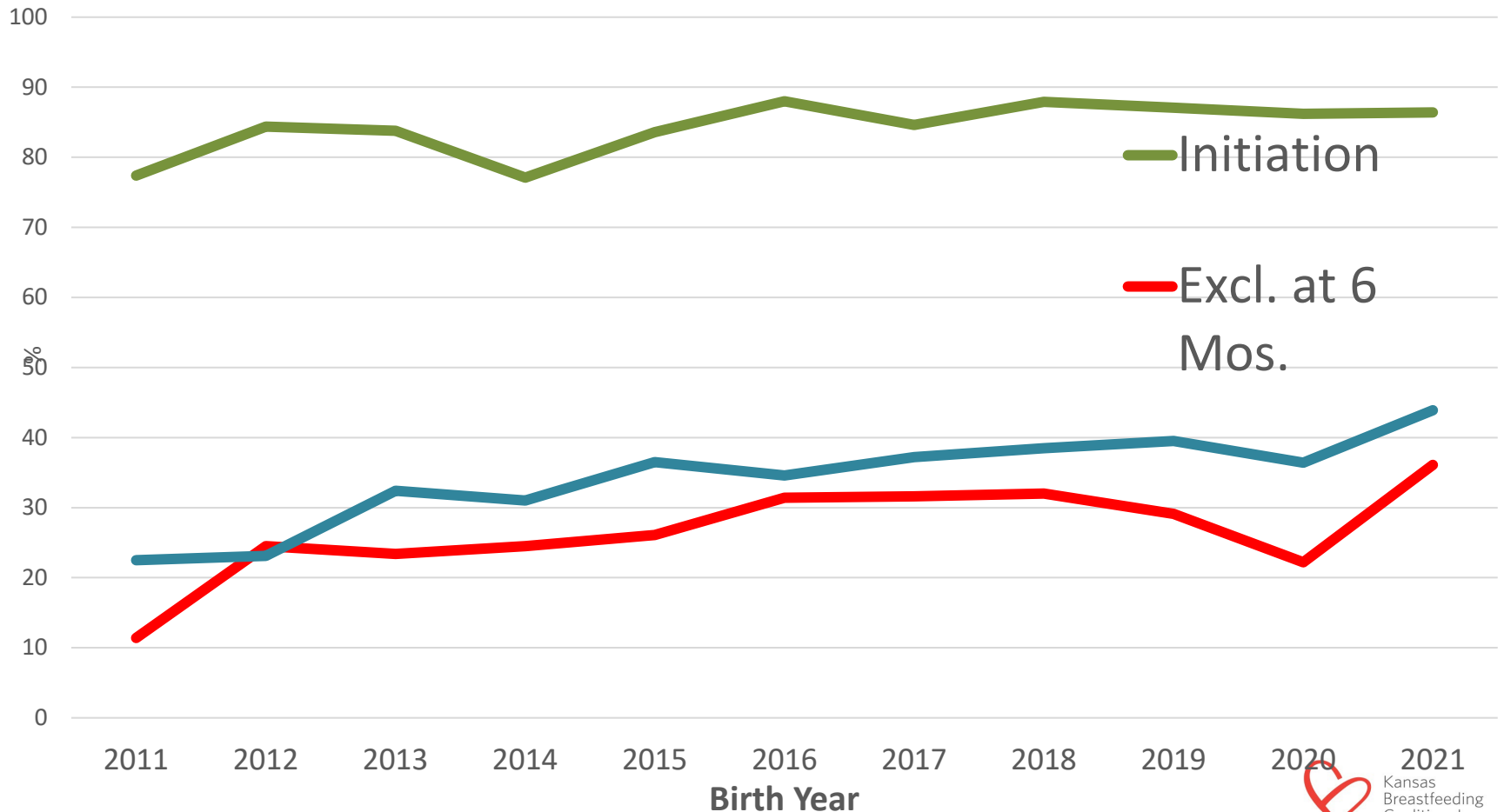
Kansas now ranks:

- **4th** in the nation for rates of infants exclusively breastfeeding at 3 months.
- **5th** in the nation for rates of infants exclusively breastfeeding at 6 months.

Breastfeeding Rates

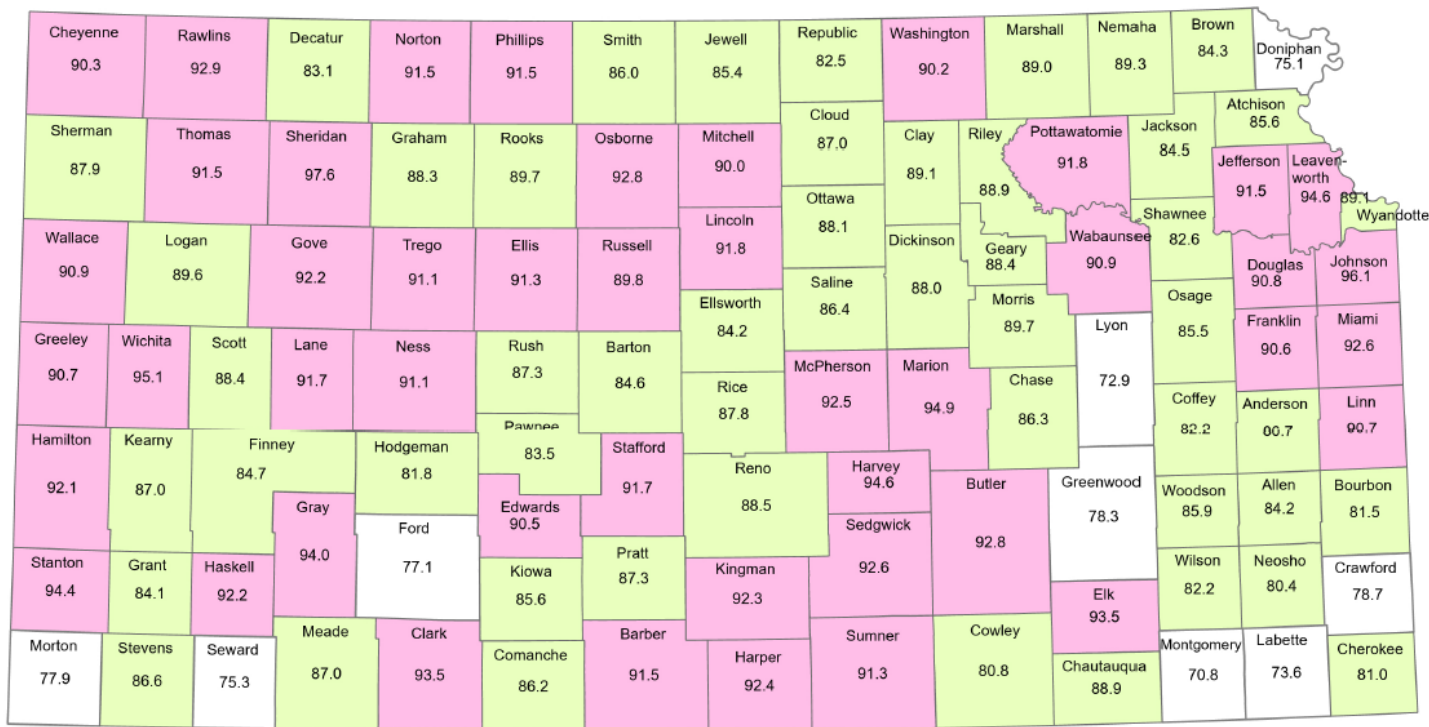


Kansas Breastfeeding Rates - History



Source: National Immunization Survey, Centers for Disease Control and Prevention, Department of Health and Human

Percent of live births by initiation of breastfeeding* by county of residence Kansas, 2021-2023



Percent 70.8 - 80.0 80.1 - 89.7 89.8 - 97.6

Kansas = 89.8%

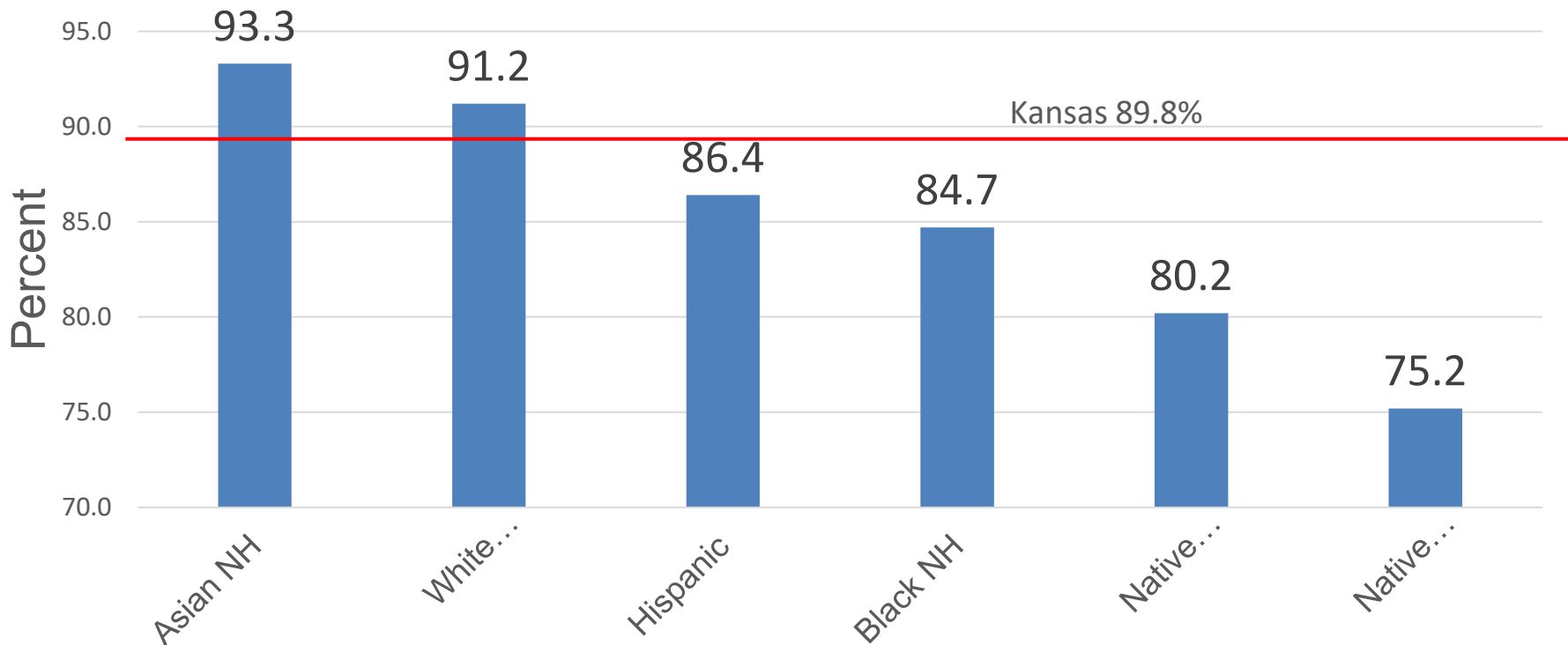


Kansas
Breastfeeding
Coalition, Inc.

*Missing/unknown breastfeeding status and infants that died shortly after birth were excluded.

Source: Kansas Department of Health and Environment. Bureau of Epidemiology and Public Health Informatics. Birth Data (Resident).

Breastfeeding Initiation by Mother's Race & Ethnicity Kansas 2021-2023

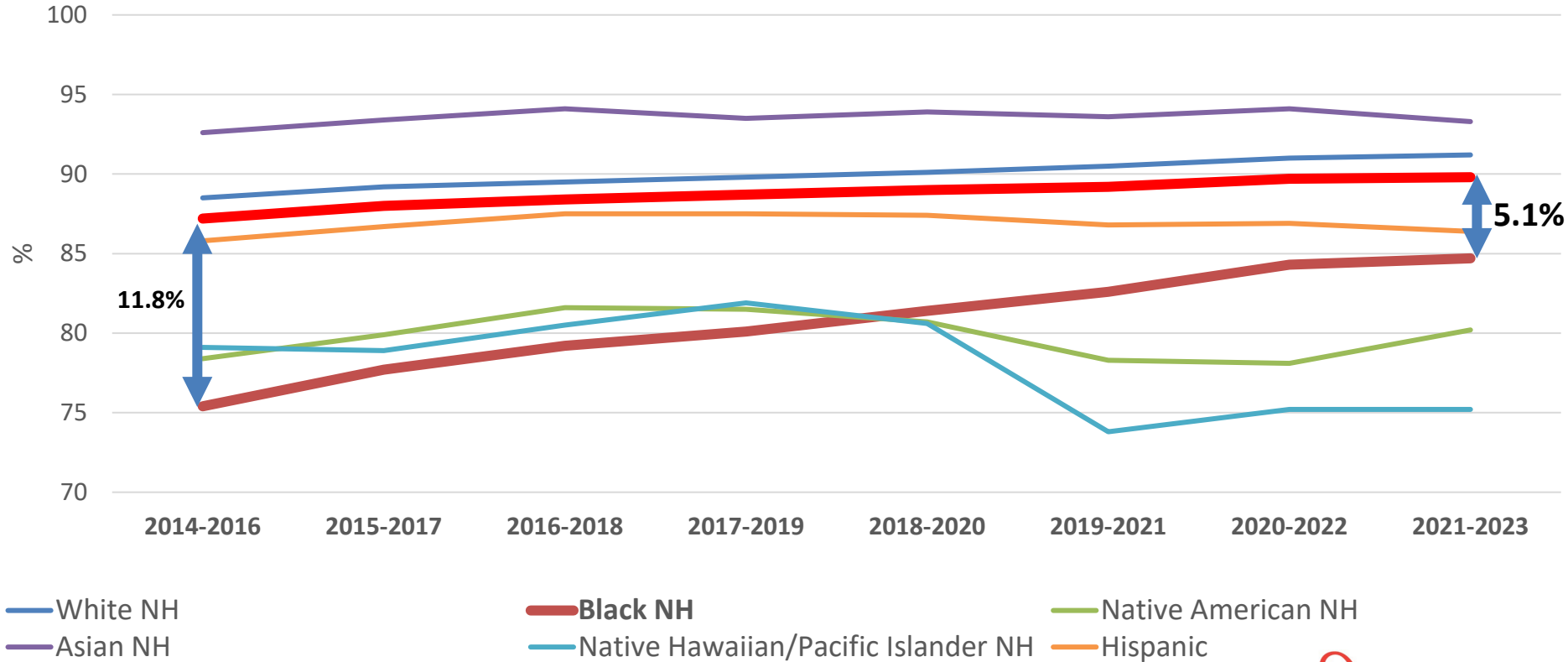


Note: NH = non-Hispanic

Source: Birth Certificate Data (Resident), 2020-2022, Bureau of Epidemiology and Public Health Informatics, Kansas Department of Health and Environment



Kansas Breastfeeding Initiation by Maternal Race & Ethnicity



NH = non-Hispanic

Source: Kansas Department of Health and Environment, Bureau of Epidemiology and Public Health Informatics. Birth Data (Resident).





RESOURCES

Know Your Workplace Lactation Rights



Time to Pump



Private Location



Protected by Law

Issue	PUMP Act	Pregnant Workers Fairness Act
Break time	Breaks must be provided as often needed. <i>Hourly workers' lactation breaks may be unpaid unless they are using paid break time or if they choose to work while pumping.</i>	Reasonable break time, as needed.
Lactation Space	Not a bathroom, free from intrusion and shielded from view	Reasonable space to meet employee's needs.
How long?	One year following birth	As long as needed—no age limit
Workers Covered	All workers <i>Except airline light crewmembers. Certain railway & motorcoach employee's coverage starts 12/29/2025</i>	All workers
Employers Covered	All employers <i>Those with fewer than 50 employees may be exempt in rare cases if they can prove "undue hardship."</i>	Employers with 15 or more employees
Enforcement	<ul style="list-style-type: none"> • U.S. Dept. of Labor, Wage & Hour Division, (913) 551-5721 • Courts 	Equal Employment Opportunity Commission, (913) 340-8810 or (800) 669-4000
Need help or information?	<ul style="list-style-type: none"> • Center for WorkLife Law at (415) 703-8276 or hotline@worklifelaw.org • A Better Balance at (833) 633-3222 • Kansas Breastfeeding Coalition - ksbreastfeeding.org/cause/business-case-for-breastfeeding or use QR Code below 	





Breast pumps* and replacement parts are covered for all KanCare female beneficiaries ages 12 through 55.

To ensure timely access, a breast pump should be ordered *during pregnancy*, at least 3 weeks before their estimated due date.

Covered Breast Pumps and Part¹

Covered breast pumps	Covered breast pump replacement parts
E0602 – manual breast pump	A4281 – replacement breast pump tube
E0603 – electric breast pump	A4282 – adapter for breast pump, replacement
	A4283 – cap for breast pump bottle, replacement
	A4285 – polycarbonate bottle for use with breast pump, replacement
	A4286 – locking ring for breast pump, replacement

Coverage is limited to a combined total of no more than 1 pump every year.

Coverage is limited to no more than 2 of each replacement part per year

* Exclusions: The E0604 Hospital grade breast pump and A4284 replacement breast pump shield and splash protector are excluded from coverage.

<https://ksbreastfeeding.org/wp-content/uploads/2021/11/KanCare-BREAST-PUMP-info-11.2021.pdf>

Breast Pump Handout

Ordering breast pumps and parts

Online options: (pump will be shipped directly to the parent)

Company	Phone Number	Website
Byram Healthcare	1-877-902-9726	www.byramhealthcare.com ; https://www.byramhealthcare.com/product-and-services/catalog/63324-breast-pumps
Edgepark Medical Supplies	1-888-394-5375	www.edgepark.com
Adapthealth	1-855-406-7867	https://pcs.adapthealth.com/ourbreastpumps/
Medline Industries	1-833-718-2229	https://www.medline.com/search/products/breast%20pump

Local options:

Durable Medical Equipment (DME) vendors may have breast pumps on hand or be able to order a breast pump. Call Member Services phone number found in the back of the member's Medicaid card.

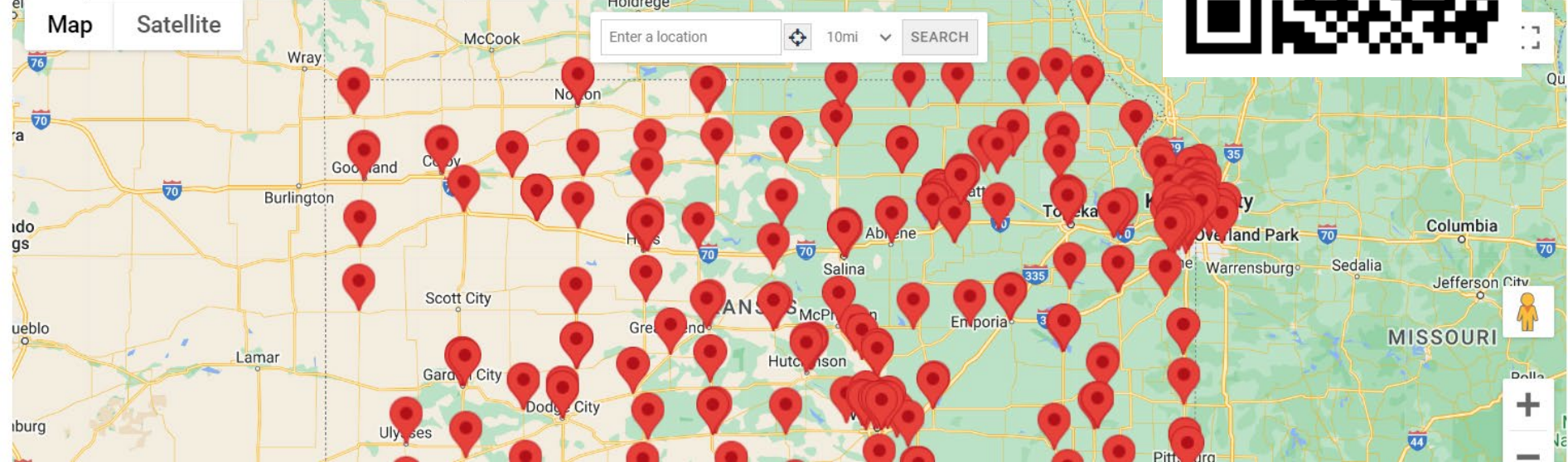
Process for obtaining a breast pump through KanCare:

- o Member obtains a prescription from their physician, preferably during pregnancy
- o Local DME:
 - o Member must bring Photo ID and Medicaid insurance card
 - o Member will be asked to complete a form required by DME
- o Online DME:
 - o Member must enter Medicaid insurance card information
 - o Member must have physician prescription and/or name of prescribing physician



Local Resources List

Filter by





Breastfeeding Resources

Our goal is to provide quality, helpful resources to families, advocates, and healthcare professionals. This resource page is part of that effort. Please let us know if you have any suggestions for websites, articles, or resources or if you find a broken link.

[Contact us.](#)

Advocacy

Empower Talks and Archived Meetings

General Resources For Parents

For African American Families

Apps For Health Care Providers

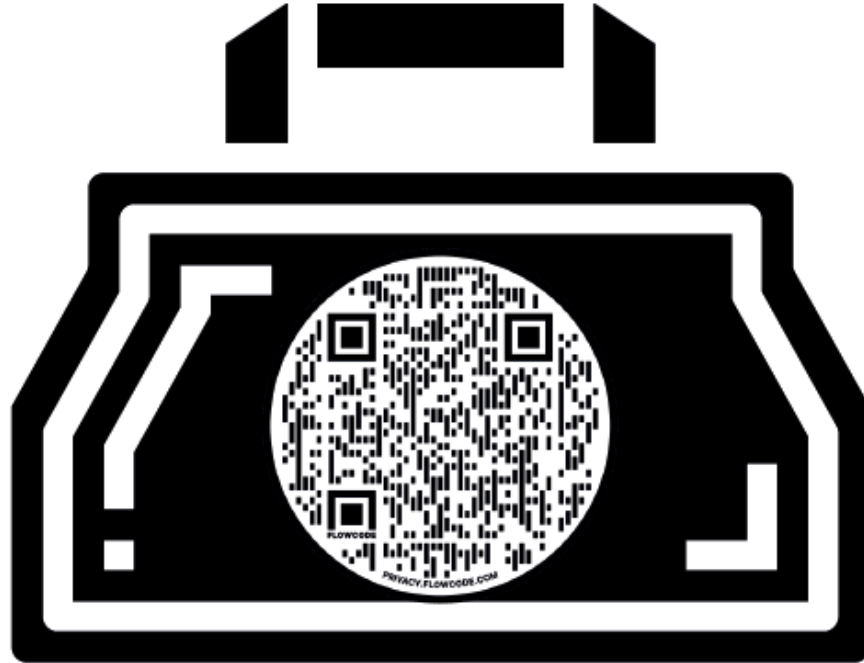
Breastfeeding Data

Breastfeeding Special Concerns

Breastfeeding in Emergencies and Disasters



Virtual Go Bag



Scan the QR code or go to
ksbreastfeeding.org/home-visitor-virtual-go-bag/

Breastfeeding Signs



Warning Signs

If breastfeeding parent experiences:

- ▶ Red areas or streaking on one or both breasts.
- ▶ Fever (100.4° F or higher) or flu-like symptoms.
- ▶ Sharp pains inside breasts.

Call your health provider at _____
(phone #)



Caution Signs

If breastfeeding parent experiences:

- ▶ Pain with feeding or pumping that does not go away in 10–20 seconds.
- ▶ Nipples that are cracked, bleeding or appear flattened/creased after feeding.
- ▶ Breast that feels swollen or hard.
- ▶ Lumps or painful spot on breast.

Find Lactation
Help:



Going Well Signs

If breastfeeding baby:

- ▶ Infant feeds 8–12 times in a 24-hour period.
- ▶ Regained birth weight by 2 weeks.
- ▶ Pees 6 times or more in a 24-hour period by day 5.
- ▶ Poops 3–4 times in a 24-hour period by day 4 (poop should be the size of a quarter or bigger).

If breastfeeding parent experiences:

- ▶ Uterine cramps with breastfeeding during postpartum. This is a sign of healing.
- ▶ Strong tug with breastfeeding, no pinching or pain; any latch discomfort fades within about 10–20 seconds.
- ▶ Breasts that feel soft and drained after feeding or pumping.

Hand expression:*

1. Position your thumb above the nipple and your fingers below the nipple about 1-2 inches behind your nipple. Your thumb and fingers will make the letter "C" shape.
2. Press your fingers and thumb back toward your chest.
3. Gently compress your fingers and thumb together.
4. Release and then repeat in a rhythmic pattern: Press, Compress, Release. Continue until the milk stops and then switch to the other breast.

*Content provided by Centers for Disease Control and Prevention

Watch the video
for more about
hand expression:



Newborn Warning Signs



GO TO EMERGENCY CARE OR CALL 911

- ▶ **Temperature:** If newborn has a temperature of 100.4° F (38° C) or higher.
- ▶ **Bleeding:** If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.
- ▶ **Breathing:** Has a hard time breathing that does not go away with nose suctioning.
- ▶ **Color:** Has blue lips, tongue, or mouth.



Call your baby's health provider at _____
(phone #)
if your baby has one or more of these signs.

Pee and poop problems

- ▶ There is blood (streaks, flecks, or clots) or mucous with poop.
- ▶ Does not pee 6 times within 24 hours by day 5.
- ▶ Still having very thick, dark poop after 4 days of life.
- ▶ Has not pooped in the past 1–2 days.

Bad smells

- ▶ Starts to have unusually watery or bad-smelling poop. (Breast milk stools are very loose but do not smell bad.)
- ▶ Has a cord (belly-button area) or circumcision site that smells bad or has pus or if the surrounding skin is bright red and warm.

Changes in color

- ▶ Skin or eyes become more yellow in color.

Changes in behavior

- ▶ Is fussier or is sleeping more than usual.
- ▶ Misses or vomits most of 2 feedings in a row.
- ▶ Crying a lot, with no known cause, or an unusual, high-pitched cry.

Scan for more information
on baby care:



This content has been adapted from the 4th Trimester Project™ resources on NewMomHealth.com

FREE Resources for Parents



Know Your Workplace Lactation Rights

DO NOT DISTURB

Mother at work.

THE BUSINESS CASE FOR BREASTFEEDING

For Breastfeeding Support:
 • Contact your Local WIC office - its often open and have pumps. WIC map here: http://www.kansas.gov/health/infant/020613_wic_locator_map.html
 • Local Breastfeeding Resource Sites search for support by zip code at kbreastfeeding.org/local-resources/

For Workplace Support:
 • Kansas Breastfeeding Coalition Workplace Resources - visit kbreastfeeding.org/workplace for Breastfeeding
 • WIC Going Back to Work - visit wic.gov/going-back-to-work

For breastfeeding support:
 • Pump with you! - visit www.kansas.gov/health/infant/020613_wic_locator_map.html

For breastfeeding support:
 • Pump with you! - visit www.kansas.gov/health/infant/020613_wic_locator_map.html

For breastfeeding support:
 • Pump with you! - visit www.kansas.gov/health/infant/020613_wic_locator_map.html



Time to Pump



Private Location



Protected by Law

Feeding Tips for Breastfed Babies

Handling Human Milk

- Store milk in small amounts (1-4 ounces), labeled with baby's full name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of lukewarm water
- Warm milk by using warm, not hot, water (never microwave)
- Never refreeze thawed milk.

Type of Human Milk	Storage Location and Temperatures		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed.
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding.		

Note: Storage guidelines in the child care setting may be different.

Feeding the Breastfed Baby

- Breastfed babies may eat more often; provide every 1.5-3 hours
- Watch for hunger cues: turning head from side to side, sucking, hand movements toward face, smacking lips
- A crying baby is in distress and may need something other than food
- Feed small amounts of milk (1-2 oz.), adding more as needed
- Feed slowly with frequent pauses and the bottle horizontal
- Slow flow nipples are recommended.

Newborn Warning Signs

GO TO EMERGENCY CARE OR CALL 911

- **Temperature:** If newborn has a temperature of 100.4° F (38° C) or higher.
- **Bleeding:** If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal. Like a small cut.
- **Breathing:** Has a hard time breathing that does not go away with nose suctioning.
- **Color:** Has blue lips, tongue, or mouth.

Call your baby's health provider at _____ (phone #) if your baby has one or more of these signs.

Pea and poop problems

- There is blood (streaks, flecks, or clots) or mucous with poop.
- Does not pee 6 times within 24 hours by day 5.
- Still having very thick, dark poop after 4 days of life.
- Has not pooped in the past 1-2 days.

Bad smells

- Starts to have unusually watery or bad-smelling poop. (Breast milk stools are very loose but do not smell bad.)
- Has a cord (belly-button area) or circumcision site that smells bad or has pus or if the surrounding skin is bright red and warm.

Changes in color

- Skin or eyes become more yellow in color.

Changes in behavior

- Is fussier or is sleeping more than usual.
- Misses or vomits most of 2 feedings in a row.
- Crying a lot, with no known cause, or an unusual, high-pitched cry.

Scan for more information on baby care.

www.kansas.gov/health/infant/020613_wic_locator_map.html

Logos for WIC, Kansas Breastfeeding Coalition, and Kansas Department of Health and Environment.



A mother may breastfeed in any place she has a right to be.

"The State of Kansas acknowledges breast milk to be the most complete form of nutrition for infants, with a range of benefits for infant's health, growth, immunity and development."

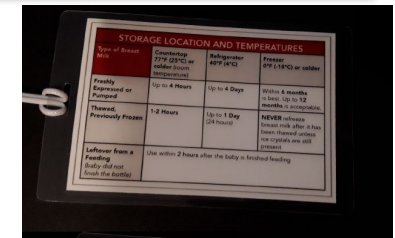
-From Kansas Law (KSA 65-1,248)

Visited a business that was breastfeeding friendly?
 Ask them to contact the Kansas Breastfeeding Coalition to enroll in the 'Breastfeeding Welcome Here' program.

Asked to leave a public place because you were breastfeeding?
 Contact the Kansas Breastfeeding Coalition for assistance at info@kbreastfeeding.org.

Logos for Kansas Breastfeeding Coalition and WIC Kansas.

Provided by the Kansas Department of Health and Environment.



Breastfeeding Education Courses

The Kansas Breastfeeding Coalition is committed to the health and wellbeing of our attendees and instructors and will therefore be presenting all KBC courses **online**. The courses will be taught in a “live” format to optimize participant interaction and will not be recorded.

Breastfeeding 101: The Basics

- Core concepts of lactation
- 4 hours, \$59

Breastfeeding 201: Building on the Basics

- Intermediate concepts
- 6 hours (two ½ days), \$110

Offered in February, April, August, and December

Continuing Education for nurses, dietitians and lactation support providers (CERPs).



Breastfeeding Certifications



Color-Filled Breastfeeding
**Clinical Lactation
Training Program**



A Program of  Kansas
Breastfeeding
Coalition, Inc.

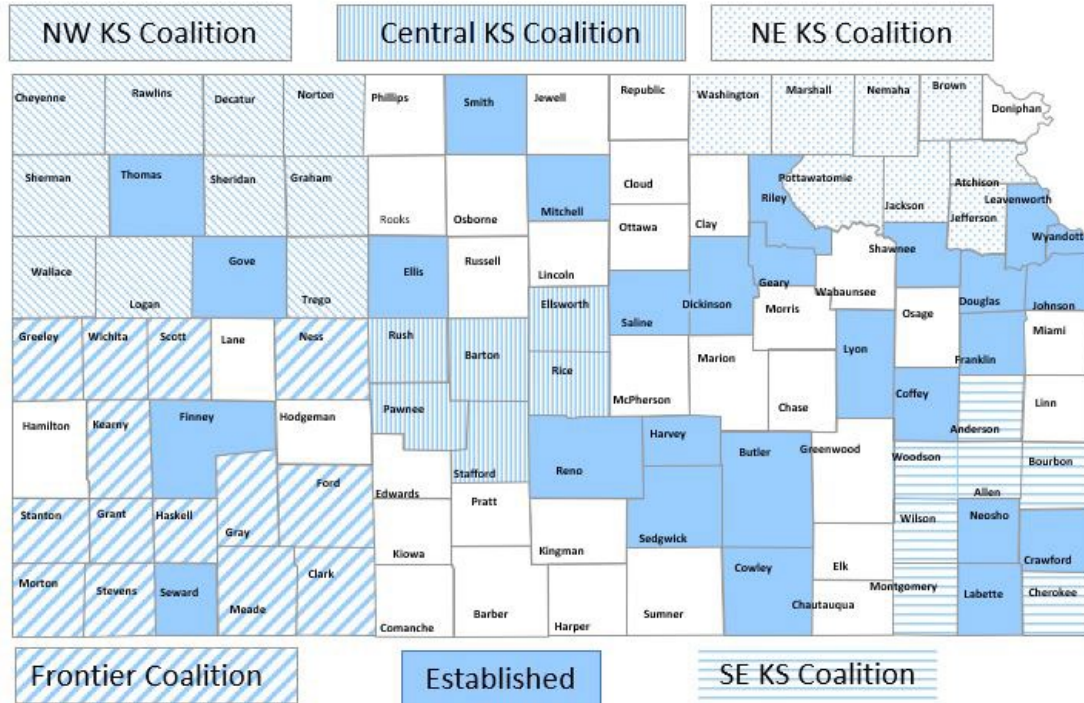
You're Invited!



To participate in the following KBC Sections and Workgroups:

- Lactation Billing Cohort
- Public Health Section
- Hospital Section
- Local Breastfeeding Coalitions Section

CONNECT WITH LOCAL BREASTFEEDING COALITIONS



<https://ksbreastfeeding.org/local-coalitions/>

Brenda Bandy, IBCLC
bbandy@ksbreastfeeding.org



Funding for this presentation is provided by:

- United Methodist Health Ministry Fund
- Kansas Department of Health and Environment with funding through the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the Maternal and Child Health Service Block Grant [Award B04MC28100; CFDA 93.994] and U.S. Department of Agriculture under the Nutrition and WIC Services contract [CFDA No. 10.557]

