



Peer Counseling Meeting (Virtual) Notes

April 12, 2022

1:30 - 2:30pm **BFPC Coordinators only meeting**

Definition of Types of BFPC Contacts in Focus - Following discussion, taking into consideration comments received from coordinators, find the attached final definitions.

BFPC Policies updates - review policies on the WIC portal for revisions that have been made. Note that the policies are no longer numbered so they are only identified by the title. These have been approved by the MWRO.

Site visits -

Planning visits in-person, June - August

Scheduling - I will be sending out the schedule by the end of April. Let me know ASAP if there are specific dates that will NOT work for you.

Site visit forms are being revised and should align with revised/new policies. [Nutrition Services Standards](#) and the [WIC Policy and Guidance](#) have been taken into consideration.

BF Curriculum Training -

There are three remaining training sessions scheduled with Cathy Carothers, April 25 - May 12; July 18 - August 4; August 22 - September 15

If you are hiring peer counselors, consider timing the hirings to coincide with one of these trainings. Please let me know if you need assistance with getting a peer into one of these trainings.

Comments by those who attended BFC training #1 -

This was a lot of material to cover within the training timeframe. Liked that Cathy used polling by attendees to determine optional materials (activities, videos, etc) to cover in the training.

It would be helpful to have the training spread out over a longer period of time. If attending all levels of training, it gets to be a lot by level 4.

Will there be manuals to go with the training? A handbook for peers as there has been in the past? Express a strong desire to have these available.

How will the trainings be presented in the future in Iowa? This has not been decided yet at this time. All live sessions by Cathy are being recorded but we are not yet sure how/where they will be stored, or used for presentation. All these things are being taken into consideration by the states in the region. Iowa will make a plan once decisions are made by the region, and some time after the notice of award of WIC contracts are made for FY23.

Overall, the training was a positive, informative experience.

BF Strategic Plan Update -

From these local and state scans a Local Opportunity Analysis was created that gives recommendations on opportunities for program alignment, collaborative planning, initiative focus areas, solutions, community voice integration, and funding.

Currently we are using this analysis to inform our priorities. Currently, strategies, goals, objectives, and activities for each of the priorities are being written. We won't be able to tackle all of these priorities at one time, so we are going to be mindful of that as we develop timelines. A couple of the top priorities came across loud and clear, surrounding the need for available BF training, and access to BF support and resources throughout the entire state. Fortunately, IDPH recently applied for, and was awarded some grant funds to use for a centralized database development and BF curriculum development.

Our goal is to have an actionable strategic plan completed by June, but at the very latest by September this year.

BF Conference May 18, 19 - Virtual

Encourage PC staff to attend but...BFPC Funds may NOT be used to pay for conference registration. The most recent Allowable Cost guidance states BFPC funds, "May be used only for the FNS Breastfeeding trainings or WIC State-developed approved comparable training. NSA funds may be used for attendance at a state/national breastfeeding conference." This guidance applies to this FY.

BF Awards of Excellence announcement 8/8 at 1:00pm -

Three BFPC programs in Iowa applied this year - one Premiere application and two Gold applications. Applicants need to have pics to me before 6/3 (and a short paragraph about their program and what makes the BFPC program successful).

2:30 - 3:30pm **Joint BFPC Coordinators and Peer Counselors**

Domestic Violence - presentation *“Supporting Moms Exposed to Violence”* by Monica Goedken, Violence Prevention Coordinator at IDPH.

A post-presentation evaluation survey will be sent soon via email. Please take the time to complete the survey.

3:30 - 4:00pm **Peer Counselors**

Networking for Peer Counselors

Found Domestic Violence presentation beneficial

Mixed Up book group - Peers who are participating find it interesting and are learning beneficial information. Would like to see more book groups offered in the future.

Requesting ideas for breastfeeding resources to share with ESL or non-English speaking clients. Please send any sources for accessing educational resources in languages other than English to me and I will share with everyone.

Some sources shared:

WIC Works Resource System -

<https://wicworks.fns.usda.gov/wic-publications-order-form>

Breastmilk Every Ounce Counts - This website has a lot available in Spanish.

Great videos too. <https://www.breastmilkcounts.com/>

Hamilton county WIC on YouTube has some Spanish versions of their breastfeeding class they have uploaded.

Discussion about counseling moms who are loading their freezers with pumped breast milk.

Only need to freeze amount needed to feed baby during times separated from mom.

Could suggest being a Mother’s Milk Bank donor.

Marieta shared the saying, “Feed the baby, not the freezer.”

Thanks to all for the daily support you give to breastfeeding moms and babies!

Jane Stockton