



**New Mexico**  
Breastfeeding Task Force

**THE VISION OF THE NEW MEXICO BREASTFEEDING TASK FORCE (NMBTF) IS A WORLD WITHOUT BARRIERS TO BREASTFEEDING.**

**THE NMBTF MISSION IS TO CREATE SUPPORTIVE ENVIRONMENTS IN WHICH BREASTFEEDING IS THE CULTURAL NORM.**

# WHY WE SUPPORT BREASTFEEDING

## Benefits for babies

REDUCES RISK OF OBESITY AND CHRONIC CONDITIONS SUCH AS DIABETES AND CELIAC DISEASE

REDUCES RESPIRATORY AND GASTROINTESTINAL INFECTIONS

DECREASES RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS) BY HALF

IS CONVENIENT AND EASILY ACCESSIBLE

PROVIDES BETTER ANTIBODY RESPONSE TO VACCINES



## Benefits for parent

REDUCES RISK OF POSTMENOPAUSAL OSTEOPOROSIS, OBESITY, BREAST AND OVARIAN CANCERS

HELPS POST-DELIVERY HEALING

IS SUSTAINABLE, CONVENIENT AND LESS EXPENSIVE

REDUCES 'TIME AWAY FROM WORK TO CARE FOR BABIES WHO ARE ILL





# New Mexico Breastfeeding Task Force



**Community Engagement + Workplace Support + Education Opportunities + Lactation Collaborative**



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# Home Visiting Curriculum

## Talking about Lactation



Developed by New Mexico Breastfeeding Task Force  
with funding from the WK Kellogg Foundation  
Primary author Chris Jepson, RN, RD, IBCLC  
Design Nina Simon, Delta Consulting  
Developed July 2021 Revised October 2021



## Home Visitors

- Educate, support and empower parents and their families
- Refer them to appropriate resources

**Your lactation conversations with clients make a difference!**

## Course Objective

Home Visitors will express having an increased confidence in providing lactation support and education to their clients.





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## **The course includes five 75 minute sections**

Part 1 Personal Considerations

Part 2 Prenatal

Part 3 Intrapartum

Part 4 Postpartum

Part 5 Post Neonatal



# CLC SCHOLARSHIP PROGRAM





# PROGRAMS & PROJECTS

- **OUTREACH**
- **WORKPLACE SUPPORT**
- **RESOURCES**

## **NM CHAPTER NO. 2007-18**

STATES THAT EMPLOYERS MUST PROVIDE NURSING EMPLOYEES:

1) SPACE FOR USING A BREAST PUMP THAT IS

(a) clean and private

(b) near the employee's workspace

(c) not a bathroom

2) FLEXIBLE BREAK TIMES

## **NEW MEXICO LAW (STAT. ANN. § 28-20-2 (2007) § 28-20-2.) B.**

STATES THAT EMPLOYERS ARE NOT LIABLE FOR:

- THE STORAGE OR REFRIGERATION OF BREAST MILK
- PAYMENT FOR A NURSING MOTHER'S BREAK TIME IN ADDITION TO ESTABLISHED EMPLOYEE BREAKS
- PAYMENT OF OVERTIME WHILE A NURSING MOTHER IS USING A BREAST PUMP



# BREASTFEEDING IN PUBLIC SPACES

NMSA 1978, SECTION 28-20-1 (1999) .

**MAKES IT LEGAL FOR A MOTHER TO BREASTFEED HER CHILD IN ANY LOCATION, PUBLIC OR PRIVATE, WHERE THE MOTHER IS OTHERWISE AUTHORIZED TO BE PRESENT.**





# *MORE WAYS NMBTF CAN SUPPORT YOU*

**LOCAL AREA BREASTFEEDING RESOURCE  
GUIDES**

**EDUCATION: INCLUDING ACCESSING  
PUMPS FOR CLIENTS**

**COMPREHENSIVE STATEWIDE NETWORK  
OF BREASTFEEDING ADVOCATES AND  
CARE PROVIDERS**

**CREATIVE WORKPLACE SOLUTIONS**

**SIGNAGE FOR LACTATION SPACES**

**EMPLOYEE ADVOCACY SUPPORT**

**STAFF TRAINING**

**RECOGNITION**





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## OUR CONTACT INFORMATION

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