

Jeffco F.I.T. Coalition

Jefferson County, Colorado

Become a Member!

Please call
Cynthia Farkas,
303-239-7074

UPCOMING EVENT:

The next F.I.T. Coalition meeting:
Tues. Sept. 18, 2007
2:30-4:30 pm
Buffalo Bill Room,
Jefferson County
Court and Admin.
100 Jefferson
County Parkway,
Golden, CO.

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Breastfeeding is Best . . . Nursing Support Helps Make It Happen

by Cindy Kisselman, RN and Kim Weber Yorga, RN, Partners for Healthy Families Program

**One of the most positive gifts a mother can
provide her child is to breastfeed.**

**One of the greatest gifts a Nurse Family Partnership (NFP) nurse can offer
her client is breastfeeding support and encouragement.**

The Jefferson County Department of Health and Environment's Partners for Healthy Families (PFHF) team is passionate in the area of breastfeeding. With 175 combined years of personal and professional experience, this team of seven nurses continues to expand their knowledge and skills to better assist clients with successful breastfeeding outcomes. The team in-



cludes three Certified Lactation Consultants and two nurses have taken the challenging International Board Certified Lactation Consultant (IBCLC) exam enabling them to better support the team and clients.

In addition, nurses consult on a regular basis as a team to increase client support.

The program collaborates with the JCDHE Women, Infants, and Children (WIC) Program to

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The Power of Mother-to-Mother Connection Jefferson County's Breastfeeding Peer Counseling Program

by Kim Phillips RD

People like to discuss the issues in their lives with others who have similar experiences and knowledge. Research has shown that new mothers can be successful meeting their breastfeeding goals with the support of family, community and healthcare providers.

Jeffco WIC has implemented a Breastfeeding Peer Counseling Program for additional community support for our WIC moms. Our goal is to provide mother-to-mother support and encouragement and to increase our breastfeeding initiation and duration rates.

Our breastfeeding peer counselors are paraprofessionals who:

- Have personal breastfeeding experience;
- Live in Jefferson County and have been a part of the WIC program;

Peer Counseling cont'd on page 2

Breastfeeding is Best cont'd

provide Lactina double collection breast pumps to clients. The pumps are loaned free of charge and have been especially useful for those clients with breastfeeding challenges and those who return to school or work.

Client education to facilitate successful breastfeeding begins during pregnancy. Nurses talk with each client about the many challenges a first time mother may have, including latch-on, positioning, and ques-



tions about milk supply. The biggest hurdles are often within the first few weeks of breastfeeding and therefore postpartum visits assess the challenges, address the Mom's concerns, and offer reassurance are especially important.

For more information on breastfeeding, please visit the [JCDHE web site](#)

This resource guide may also be helpful: [Breastfeeding Resource Guide](#).

Peer Counseling Program cont'd

- Have been carefully selected by the WIC staff and trained in basic breastfeeding technique and counseling.

The role of the Breastfeeding Peer Counselor is to:

- Provide information to help mothers make educated decisions about how they will feed their babies;
- Help with common breastfeeding questions;
- Help new mothers learn how to make breastfeeding a part of their busy lives;

- Help work through breastfeeding challenges;
- Help mothers learn strategies for success;
- Refer to WIC designated breastfeeding experts for help for mothers with more complex breastfeeding problems;
- Give resources, including information about breast pumps available through the WIC program.



Jefferson County's WIC Breast Pump Program

by Kim Phillips, RD

Jefferson County Department of Health and Environment's WIC Program also provides breastfeeding support through its breast pump loan program. The Jeffco WIC program has a variety of pumps to offer their clients in order to assist them with breastfeeding. Our program includes:

Medela Lactina Pumps- loaned to the clients for a short period of time, 2-4 weeks, for problems such as:

- Refusal to latch
- Severe engorgement
- Cracked sore nipples
- Baby in the hospital
- Short term mom/baby separation

- Breast infection or illnesses
- Poor milk supply



Medela Lactina Pumps- loaned to the clients for longer periods of time, up to baby's 1 year birthday. Issued to women committed to breastfeeding and needing a pump.

Some examples of this include working moms, moms going to school, women breastfeeding multiples.

Medela Pump In Styles- given to moms who are exclusively breastfeeding and plan to breastfeed their babies for 1 year.

Medela Harmony Manual Pump & Medela Spring Express Manual Pump-given to moms who need occasional pump use.

About Jeffco F.I.T.

Jeffco F.I.T. Coalition meets twice a year and publishes this newsletter biannually.

Thank you for your interest and support of organizations and agencies providing services to Jefferson County's children ages 0-3 years. If interested in becoming a member of Jeffco F.I.T. coalition, please contact Cynthia Farkas, chairperson at 303-239-7074.

Mission:

To enhance and promote supportive services to Jefferson County families

with children, prenatal to age three. Jeffco F.I.T. achieves its mission through information sharing, coordination of services, and identification of gaps in services.

Goals and Objectives:

- ◆ To promote information sharing among service providers
- ◆ To increase awareness of available services
- ◆ To improve coordination and collaboration of services to families
- ◆ To promote the enhancement of continuum of services

For more information about the coalition please visit:

<http://health.jeffco.us> .



Coalition Updates

JCDHE NFP-Nita Drolet-Johnson joined the PFHF team June 4. Nita is an experienced PHN who has worked for JCDHE in clinics and home visitation programs for over four years. PFHF team is participating in the "email buddy" program with NFP staff at the 10 pilot sites in England.

Annual PFHF Picnic was June 29, 2007. Approximately 150 people attended the picnic this year, including 40 first-time mothers and their children. This year we were also happy to have many fathers and friends and

family members along to join in the festivities.

SAC NFP-Marieka Stam started with us in May and she is from Ontario Canada. She moved to Colorado to be with her fiance' and is enjoying discovering all of the outdoor experiences that Colorado has to offer. She spends her free time hiking, rafting, camping, reading and going to concerts.

Cari Berget started in January and lives in Wheat Ridge with her husband. Cari also spends her free time outdoors. She is a triathlete and volunteers

with youth programs and visiting the elderly. Cari is expecting her first child in January and we are all enjoying sharing her pregnancy with her!

Invest in Kids- joined partners for Healthy Families for a NFP presentation to the Jefferson County Criminal Justice Strategic Planning Unit Prevention Subcommittee.

Partners for Healthy Families Program Annual Picnic



**Partners for Healthy Families
Jefferson County Colorado**

Cynthia Farkas, Program Supervisor
Phone: 303-239-7074
Fax: 303-239-7088



Nurse-Family Partnership is an evidence-based, nurse home visitation program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children.

This Nurse-Family Partnership Implementing Agency is part of a growing national initiative supported by the Nurse-Family Partnership National Service Office, located in Denver, Colorado. Currently the program is serving clients in 22 states across the nation.

For more information, please go to www.nursefamilypartnership.org or

Call 1-866-864-5226

F.I.T. Newsletter is a biannual electronic newsletter produced by JCDHE! Editions will be emailed to you. Please call or send us your email address and website url so that we can include a link on the web page: 303-239-7074 or Email: cfarkas@jeffco.us



Contact Us . . . Coalition Members

Bridgeway Home

Carol Haas - 303-969-0515
bridgeway@bridgewayhomes.org

Broomfield Health and Human Services

Patty McHardy – 720-887-2247
pmchardy@ci.broomfield.co.us
Peggy Hastings – 720-887-2230
phastings@ci.broomfield.co.us

**Covering Kids and Families Outreach
Coordinator**

Stacey Moody – 303-861-5165 x249
stacey@cchn.org

Exempla Lutheran Medical Center

Cheryl Jeske - 303-425-8402
yeskec@exempla.org

FACES

Sandy Sears
ssears@facesonline.org

Families First

Karen Koop - 303-745-0327
Karen@familiesfirstcolorado.org

**Family Resources and Child Care
Education**

Nancie T. West – 303-303-914-6305
nancie@rrcc.edu

Community Member

Shannon Crume – 303-816-0243
crumetazrules@netzero.com

Invest in Kids

Courtney Thomas – 303-839-1808 x105
cathomas@iik.org

Lisa Merlino – 303-839-1808 x 103
lmerlino@iik.org

Michele Neal - 303-839-1808 x101
mneal@iik.org

Jeffco First Steps

Monica Jeske – 303-273-1550 x15
monica@jeffcofirststeps.org

Jefferson Center for Mental Health

Elissa Stein – 303-432-5205
elissas@jcmh.org

**Jefferson County Department of Health
& Environment (JCDHE)**

Amy Guccione – 303-239-7003
aguccion@jeffco.us

JCDHE WIC

Sara Lemley – 303-239-7117
slemley@jeffco.us

Jefferson County Human Services

Ashleigh Sedbrook – 303-271-4825
asedbrook@jeffco.us

Metro Area Bright Beginnings

Cindy Banfield – 303-561-2233
Cindy.banfield@unitedwaydenver.org

**Metro Community Provider Network
(MCPN)**

Pamela Moores - 303-761-1977 x154
pmoores@mcpn.org

Mommy Rocks

Deb Sanders – 303-601-8421
information@mommyrocks.org

Mothers of Preschoolers (MOPS)

info@mops.org

Parent Partnership

Carol Ceelen – 303-989-2293
cceelen@ParentPartnership.org

Part C/NICU Liaison Project

Stacey Kennedy – 303-597-0026 x3
staceykennedy@partnicuproject.com

St. Anthony Central NFP

Barbara Bronson – 303-629-3580
BarbaraBronson@centura.org