



4th Quarter Newsletter 2025

Our Vision

There are no obstacles to breastfeeding in Idaho.

Follow Us!

Idahobreastfeeding.org



Our Mission:

Facilitate a community and statewide landscape that protects, supports and promotes breastfeeding as the biological norm for a healthier Idaho.

In This Issue:

- ~**Meet Our Guest Speaker:** Elan Eddington
- ~**Breastfeeding Mom Spotlight**
- ~**Lactation News:** University of Idaho & IDPQC request input from Lactation Professionals

IBC Quarterly
Membership Meeting

Thursday
November 6th, 2025 12:00
MST
Zoom Meeting



Read about Danielle & Brynlee on
page 3!

[Join Zoom Meeting
HERE](#)

Dial in:
1-669-900-6833 (San Jose)

Meeting ID: 840 5831 5215
Passcode: 123456

FUTURE MEETINGS

February 5th, 2025 | May 7th, 2026 | August 6th, 2026
All meetings 12-1pm MST

Learning Together

JOIN THE
MEMBERSHIP
MEETING TO
LISTEN

Guest Speaker-Elan Eddington

DONA Certified doula for over 10 years, mom of 5, co-founder of Doulas of Eastern Idaho



We have the privilege of having Elan join us to share the role and scope of a doula (birth and postpartum) and the evidence behind doula support.

She'll also discuss how a collaborative relationship between doulas and breastfeeding professionals can improve postpartum outcomes and build community.

Doulas of Eastern Idaho is an organization of doulas who promote the benefits of doula assisted birthing and postpartum care. They provide a forum of furthering education, networking and idea sharing for the doula community. Doulas in the organization have a standard of practice that creates continuity of care as they positively influence the childbirth experiences for mothers and families.

Breastfeeding Mom Spotlight

Danielle

Boise, ID

My baby Brynlee was born with Down Syndrome (trisomy 21) and I was able to breastfeed, despite a difficult start and long journey. I was initially afraid I wasn't going to be able to breastfeed her, but I was determined.

When Brynlee was born, she aspirated meconium, stopped breathing, and her heart stopped. She was intubated for her first week of life and kept her sedated while her lungs recovered. Still, she would always suckle on the breathing tube, even sedated. After she was extubated and no longer sedated, I was able to practice latching her, but she was often tired and would fall asleep after a few minutes. I was able to pump my milk and a NG tube was used for feeding my milk to her. In order to eventually have the NG tube removed, Brynlee needed to show she could take a certain amount by mouth each feeding. Since my goal was to breastfeed, the team suggested we weigh her before and after feeds to see how much she was getting. We had challenges achieving consistent intake and needed to make adjustments to find the best methods for Brynlee. I ended up making the difficult decision to pause direct breastfeeding while she was in the NICU and set a longer term goal for success. After a 22 day NICU stay, I brought her home and we worked to improve latching.

Finding the right support was key. We went between using a bottle and a shield on and off and eventually I was able to get her to fully breastfeed. It took time and patience for her to be able to get enough milk each feed. Her slow weight gain and sleepiness at the breast due to low muscle tone meant she required time to become efficient. But with a lot of hard work, Brynlee became such a champ at breastfeeding that we were able to continue until she was 23 months old! She slowly self-weaned as she learned to eat new foods. I am so grateful that she was able to benefit from breastfeeding for so long!

Danielle credits part of her success to the great team of support she had, including support available to parents of children with Down Syndrome:
Down Syndrome Diagnosis Network & Treasure Valley Down Syndrome Association



[Find Local Support](#)

Lactation News Around Us

Idaho Perinatal Healthcare Professionals and Birth Workers: 10 min survey → \$20 gift card

The Idaho Perinatal Quality Collaborative has partnered with the University of Idaho to research factors that support and impede the provision of high-quality perinatal care, with a goal of developing educational and policy interventions.

We're recruiting healthcare professionals and birth workers who see patients from pregnancy through one-year postpartum to complete a 10-minute online survey. As a thank you for your time, you'll receive a **\$20 electronic gift card**.



WHO IS ELIGIBLE?

Idaho healthcare professionals and birth workers who serve perinatal patients at any point from pregnancy to one-year postpartum (e.g., physicians, midwives, L&D nurses, social workers, doulas, lactation consultants).

Note: this excludes mental health professionals

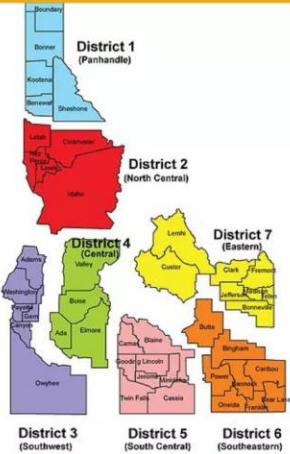
SCAN TO PARTICIPATE



OR VISIT:
<https://bit.ly/IDperinatalHCsurvey>

IRB #25-097 : Principal Investigator Dr. Sarah Deming: sdeming@uidaho.edu

IBC Information



IBC Local Chapters

Chapters are a great way to connect with your community.

If you are interested in connecting with your chapter, we would love to help connect you! Email us at idahobreastfeeding@gmail.com

We have open board positions and would love to grow our team!

Send us your resume and a letter of interest to
idahobreastfeeding@gmail.com

If you have questions before, we'd be happy to chat.
(Letter of intent should include why you're passionate about joining and where your interest aligns with our focus areas)



Membership...

New IBC membership options are here! See our website for more information.

If you are a breastfeeding or lactation resource, and interested in being listed on our website, please email us at idahobreastfeeding@gmail.com

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