



3rd Quarter Newsletter 2025

Our Vision

There are no obstacles
to breastfeeding in
Idaho.

Follow Us!

idahobreastfeeding.org



[idahobreastfeedingcoalition](https://www.instagram.com/idahobreastfeedingcoalition)

Our Mission:

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

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IBC Quarterly Membership Meeting

Thursday

August 7th, 2025 12:00 MST

Join Zoom Meeting



Read about Angelika and her little
one on page 3!

[Join Zoom Meeting
HERE](#)

Phone:
1-800-900-9833 (Toll-free)

Meeting ID: 840 5830 5215
Passcode: 123456

FUTURE MEETINGS

November 6th, 2025 | February 5th, 2026 | May 7th, 2026

All meetings are between 12-1pm MST

Last Reminder to Participate

Survey will close on Aug. 22nd

*in the Idaho Breastfeeding Coalition
Network of Support Survey*



Enter to win a \$50
Amazon Gift Card

Thank you for your support!

This is a collaborative project between the Idaho Breastfeeding Coalition and Idaho State University. The project has received approval from the ISU Human Subjects Committee.



**Idaho State
University**

Learning Together

JOIN THE
MEMBERSHIP
MEETING TO
LISTEN

Discussion: Highlighting Care Coordination Tips and Templates for Success



Speaker- Kristie Karroum DNP, FNP-C, IBCLC

IBC Vice Chair

In honor of the World Breastfeeding Week's theme, **Prioritising Breastfeeding: Create sustainable support systems**, Kristie will be reviewing Continuity of Care recommendations and discussing tips to optimize collaboration in lactation care.

WORLD BREASTFEEDING WEEK

AUGUST 1ST—AUGUST 7th

World Breastfeeding Week (WBBW) is coordinated by the [World Alliance for Breastfeeding Action \(WABA\)](http://WorldAllianceforBreastfeedingAction.org) to commemorate the Innocent Declaration.



Prioritize Breastfeeding

Create sustainable support systems
www.worldbreastfeedingweek.org

THE ANNUAL Breastfeeding Summit Recap!

8th Annual

IDAHO
BREASTFEEDING
SUMMIT

LIVE AND VIRTUAL OPTIONS AVAILABLE



EAGLE, IDAHO
WATERS EDGE EVENT
CENTER
JUNE 23-24, 2023

SPONSORED BY
THE IDAHO BREASTFEEDING COALITION

Thank you to everyone who helped make this
year's summit unforgettable!

Keynote Speaker

Kathleen Cole
Lamar University



Highlight Idaho Speakers

Sherrya Smith
BSC, C-EAT



Dr. Jennifer Souther
Chiropractor



Kathy Gray-Mead
Laramie County



Shelbi Heston
Teton County



Andrew Thompson
Dept of Labor



Congratulations to the recipients of the IDAHO Breastfeeding Coalition Awards!



Jane Grassley Excellence in Breastfeeding Award:

Kristie Karmann

This annual award recognizes an individual who fulfills the Mission and Vision of the IBF. The annual award is presented to individuals who demonstrate leadership, dedication, and compassion for breastfeeding families with the state.



Exemplary Professional Leadership Award:

IDU Lactation Spaces Planning Initiative

Group of breastfeeding leaders who show exceptional leadership and outstanding professional contribution in shaping lactation support and leadership in their community.

Breastfeeding Mom Spotlight

Angelika Redburg, ID

I've always known I wanted to breastfeed, but I didn't know how hard it would be. When I had my first baby I gave up after 3 months. It was so stressful for me and baby, so I pumped and bottle fed and that was very exhausting... I often had clogged ducts and my milk supply wasn't where I wanted it to be. With my next baby, I was determined and wanted to try again to make it work no matter what!

The day came for the birth of my second baby. The moment my baby girl arrived I asked for my lactation consultant right away. She instantly showed me how to position baby to attach to breast. And how to get my breast to properly fit in baby's mouth the perfect latch! Those first days were the hardest time but after a few tries we got the hang of it, and it was such a relief! I felt like I could finally do this! After getting home from the hospital, I struggled again. Trying to position myself and get comfortable was tough. Luckily, I learned about the WIC program where lactation consultants are available. I was able to reach out and have one actually come right to my home. She helped me find ways to get comfortable so I could feed my baby just about anywhere! I felt so good about myself that I was able to do this for baby and feel better about how I was feeding! My breastfeeding journey has recently come to an end with my 2nd, but we made it to the one year milestone before she weaned herself off! I'm so thankful for my lactation consultants who helped me SO MUCH during the journey. Thank you!



[Find Local Support](#)

Lactation News Around Us



USBC
United States Breastfeeding Commission

STAYING ABREAST

WEEKLY WIRE NEWSLETTER



usbreastfeeding.org/weekly-wire-newsletter



USLCA

United States Lactation
Consultant Association

Recent News

uslca.org/recent/news



international
lactation consultant
association®

*Lactation
Matters*
ILCA Blog

lactationmatters.org

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 complete our form linked to the survey, or click [here](#).

Future
Meetings

November 6th, 2025
February 5th, 2026
May 7th, 2026

All meetings
are between
12-2pm MST