



Coalition for Lactation-Friendly Schools: Turning nurse experience into advocacy

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Conflicts of Interest

- No conflicts of interest.



POLL

What is your role in the community?



Background



*Well, I want to breastfeed
but I can't because I have
to go back to school.*



Eureka!



Wait! This is a thing!



Overview of the Challenge: Case Examples

I just had a baby and I'm breastfeeding. Can I pump at school?

Liliana, age 16, 11th grade



Overview of the Challenge: Case Examples

I am breastfeeding my baby and I plan to pump milk at the break before your class, so I might be a couple minutes late.

Remy, age 21, undergrad



POLL

How much experience do you have working to change policy?



Overview of the Challenge: Research Scan

“Those who continued breastfeeding beyond six weeks reported significant emotional, informational and instrumental support from family, friends, school, and their babies.” (*Wambach, et al, 2009*)



Overview of the Challenge: Policy Scan

Virginia:

- Va. Code § 22.1-79.5. (2014)

California:

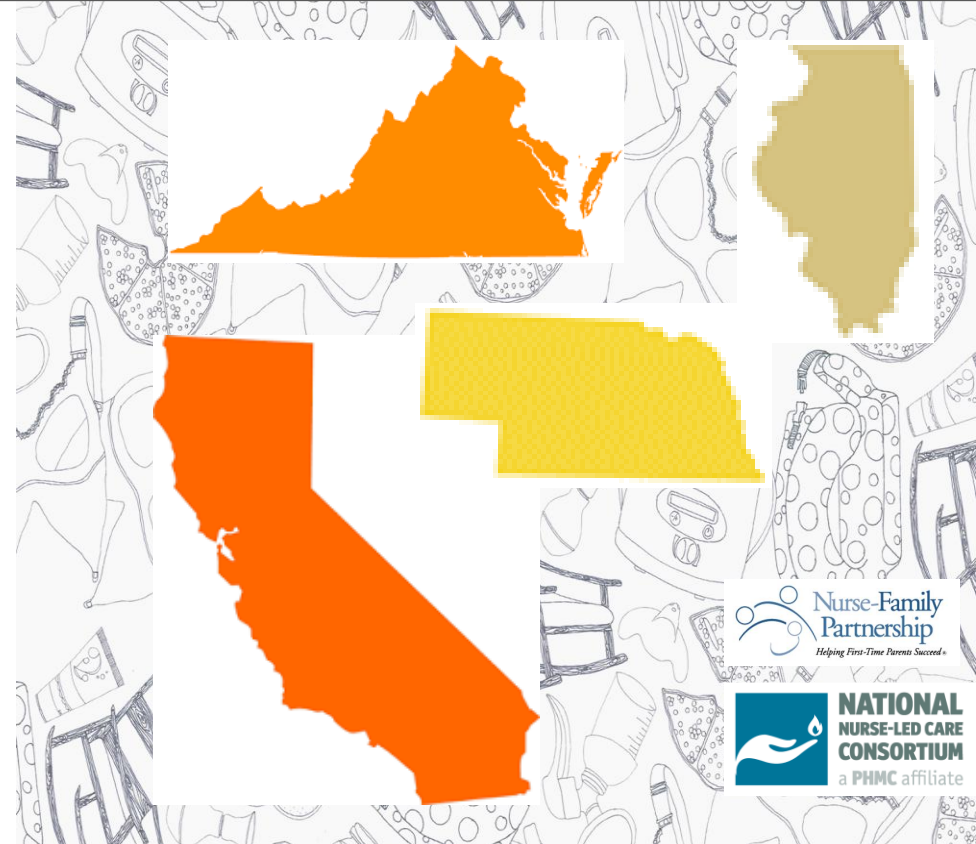
- AB 302. (2015)

Nebraska:

- Neb. Rev. Stat. § 20-170 (2017)

Illinois

- Ill. Pub. Act 100-0029 (2018)



Where to Start: Intentional Networking



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Coalition Exploring and Planning

Discuss...

- Skill sets
- Resources
- Connections

Keep in mind...

- Engage curiosity
- Stay open to new points of view
- Plan next steps



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Building Blocks of Coalition Structure: The Basics

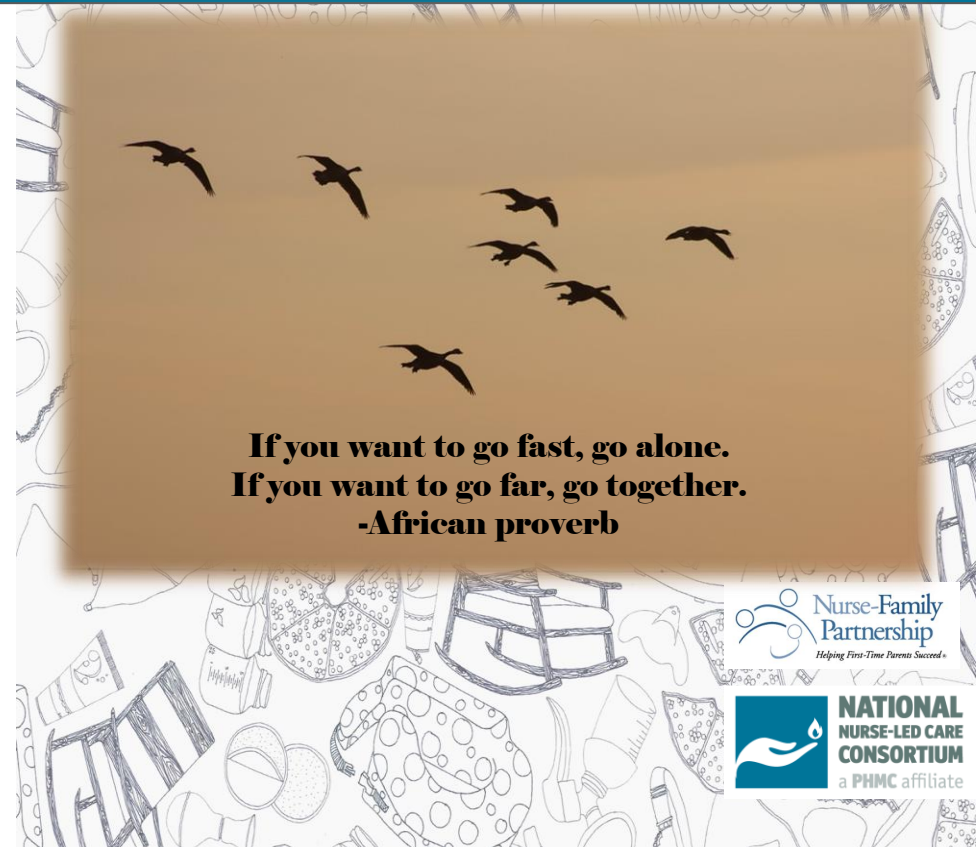
Early considerations

- Membership
- Voting
- Mission
- Vision



Building Blocks of Coalition Structure: Practical Considerations

- Decide how often to meet
- Acknowledge your strengths... and your weaknesses
- Take turns leading
- If there is resistance to an idea or suggestion, engage curiosity
- When momentum feels like it is slowing, remember the goal
- Always have a plan of action before closing a meeting



Building Blocks of Coalition Structure: Establishing Policies and Procedures

UGH, BUT WHYYYYYYYYYYYYY????

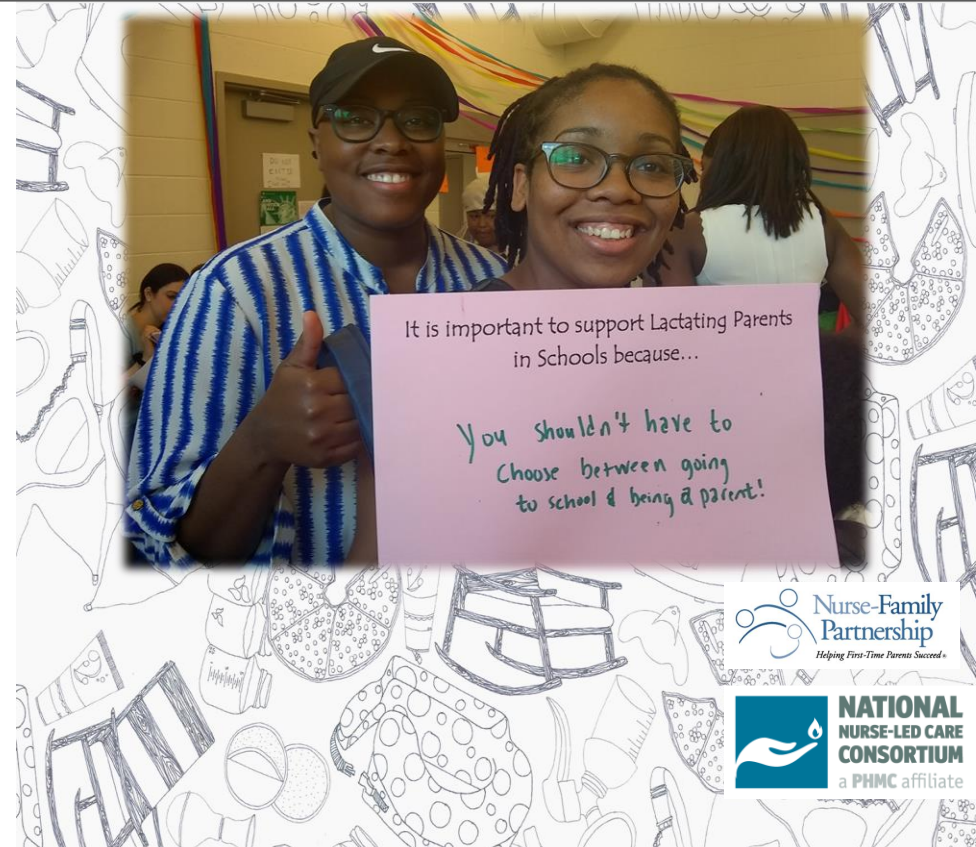
Because...

- Hidden rules are easy for a sprint, but they are not helpful for a long run.
- Everyone feels more secure and supported when there is structure.
- Clear structure opens the door for new people to take on leadership roles.



Activities to Date

- Engaged the School District of Philadelphia
- Spoke with local media (after media training)
- Wrote op-ed
- Created an optimal bill with delineated rationale
- Conducted school survey
- Educated the public and legislators at community events
- Engage community through social media
- Bill in PA House of Representatives (2019)



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Activities to Date: Engaging Grassroots Support



Talk to everyone!

- Colleagues
- Coffee shops
- Friends
- Acquaintances
- Church
- Events
- Meetings
- Parties



Activities to Date: Engaging Policymakers

Who needs to change the policy?

→ Go where they are...

Or

→ Invite them to come to you!



Activities to Date:

Contributing to the Development of a Bill

BE BOLD about reaching out to policymakers

Be ready for lots of meetings

Prepare ahead of time

Be reasonable

Be firm

USE YOUR STORY



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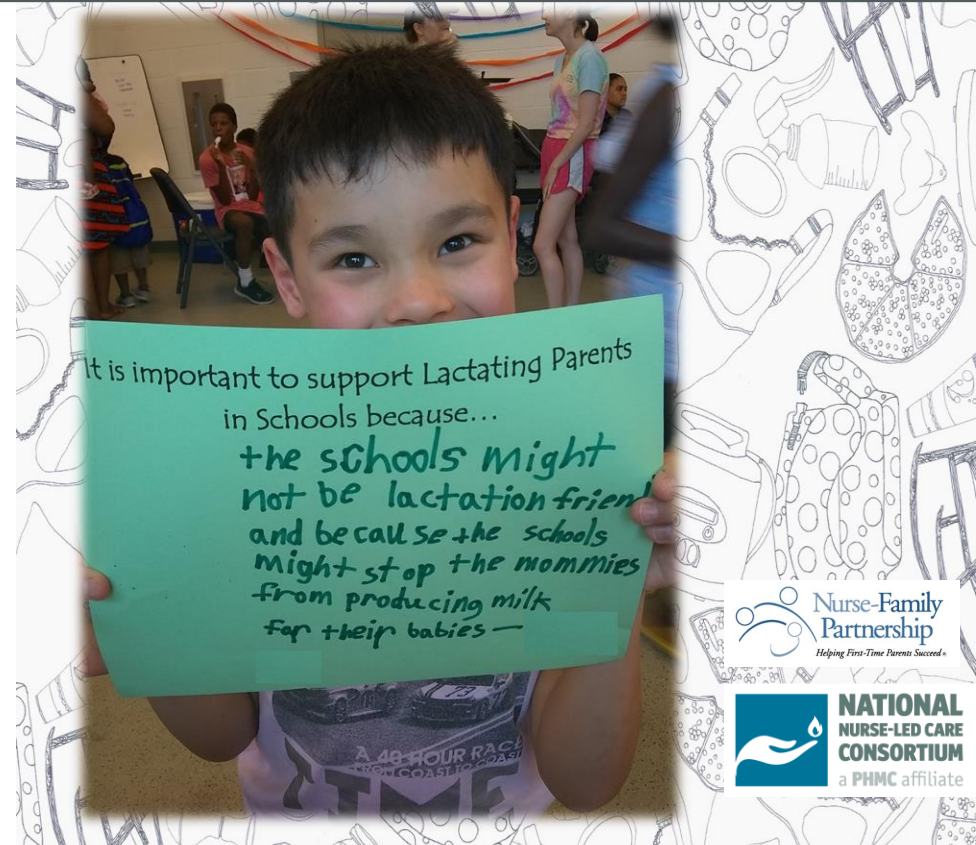
Lessons Learned

- If you're thinking, "Someone should do something!" That *someone* might just be **YOU**.
- One day at a time.
- It's OK to fake it... ask questions, keep moving!
- Network!
- Collaboration is EVERYTHING. Celebrate your different talents and support each other's weaknesses.



Our Next Steps: Advocating Passage of the Bill

- Support legislator in writing the bill, be a resource for co-sponsors
- Create a petition
- Increase public awareness



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Summary

- Identify the concern
 - *trust your experience*
- Ask around
 - *others may have noticed, too*
- Research
 - *find out what's been done already*
- Network
 - *talk to everyone*
- Remember the goal
 - *it will restore your energy*
- Keep moving
 - *one step at a time!*



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Questions and Answers

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www.facebook.com/coa.lactation

www.instagram.com/coa.lac

Support parenting students!

Call your State Representative and ask them to support lactating students.

KY: [HB 181](#)

MD: [HB 401](#)

PA: tba!



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