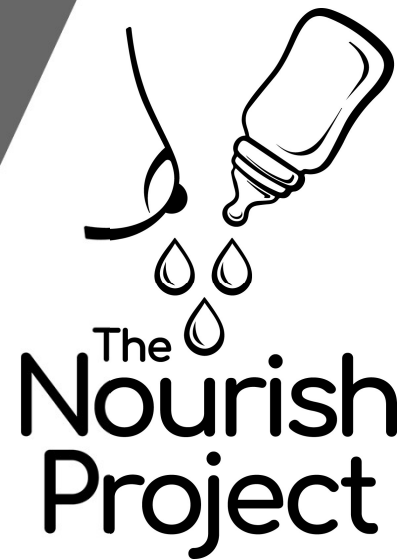


Collaboration in the Community Setting

Cat Halek IBCLC
Mary Ellen Kramp DPT
Barbara Nelson, MA, CCC-SLP, CLC



1

Disclosure

- The Nourish Project Inc. is a for profit corporation that provides continuing education.
- Mary Ellen Kramp DPT co-owns Evolution Medical Associates.
- Cat Halek IBCLC is in Private Practice.
- Barbara Nelson CCC-SLP works for Baby Boldly in Parent Education.
- We have no conflict of interest to disclose. The above information is shared in an abundance of transparency.
- Disclaimer- Our Videographer had a family crisis. Which left me to do the editing. Thank you for your patience with my lack skill in editing!

2

The Nourish Project Inc.

Cat Halek IBCLC

President and co-founder of The Nourish Project Inc.

Mary Ellen Kramp DPT

Secretary and co-founder of The Nourish Project Inc.

Barbara Nelson, MA, CCC-SLP, CLC

Treasurer and co-founder of The Nourish Project Inc.

3



4

To Flip or Not to Flip

- When you are helping a family breastfeed, do you manually help them flange the upper and lower lips while the baby is eating at the breast?
- Do you adjust the lips while the baby is at the bottle?
- Why or why Not?
- Who do you consider as your client? Mom? Baby? The dyad?
- Think about *why* you answer the way you do. What is your background, your field? Who trained you? And in what setting?
- After we watch the videos we will come back to this before open the floor for questions and answers.

5

Never enough time for Q and A

I intentionally prepared less speaking and video time so we could answer questions.

Please write down questions you have through out our videos so we can address them at the end.

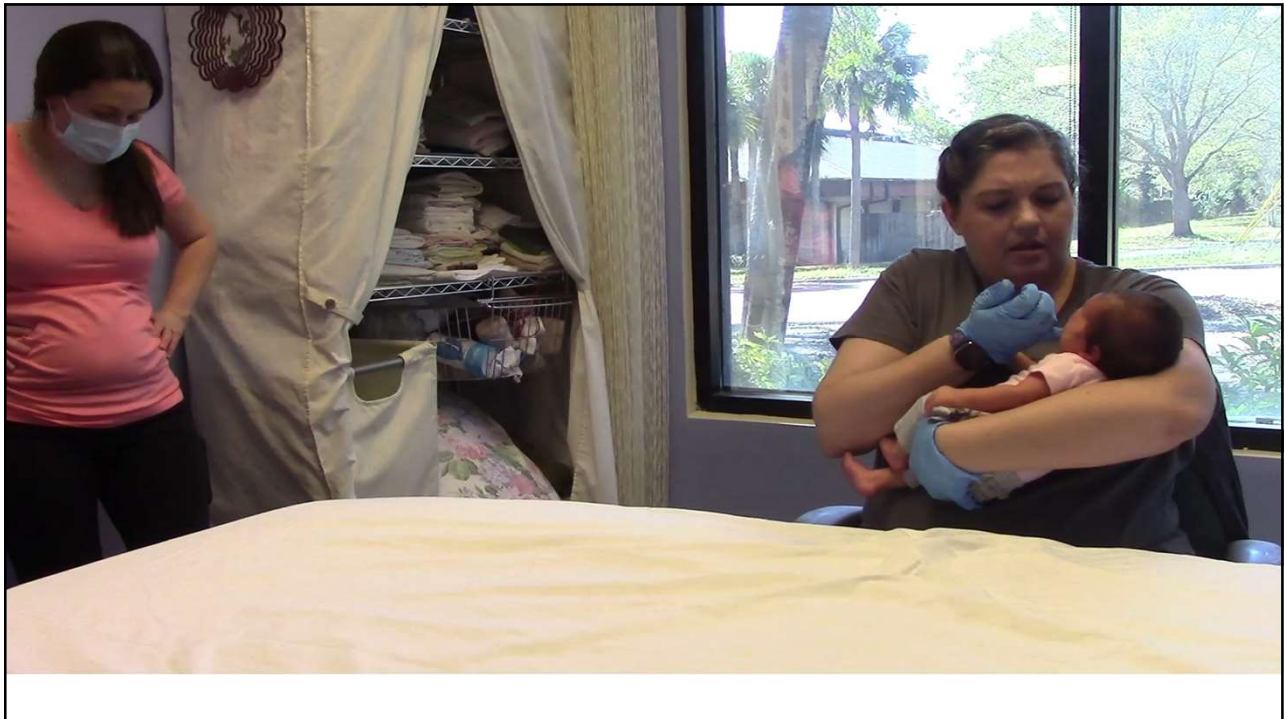


6

Dyad: Courtney and Adrienne

- At the time video was taken, Adrienne was 2 weeks and 3 days old.
- Mom had been seeing me for bilateral nipple pain when breastfeeding.
- Dyad had been referred to providers to get lip and tongue tie ruled out. Parents did not want to pursue intervention unless necessary.

7



8



Courtney and Adrienne Now

- We are doing great! Still breastfeeding. 10 months today! Having support and guidance and a sounding board was most helpful!
- Courtney 12/16/2022
- Never had lip or tongue tie intervention

9

Dyad: Kat and Jet

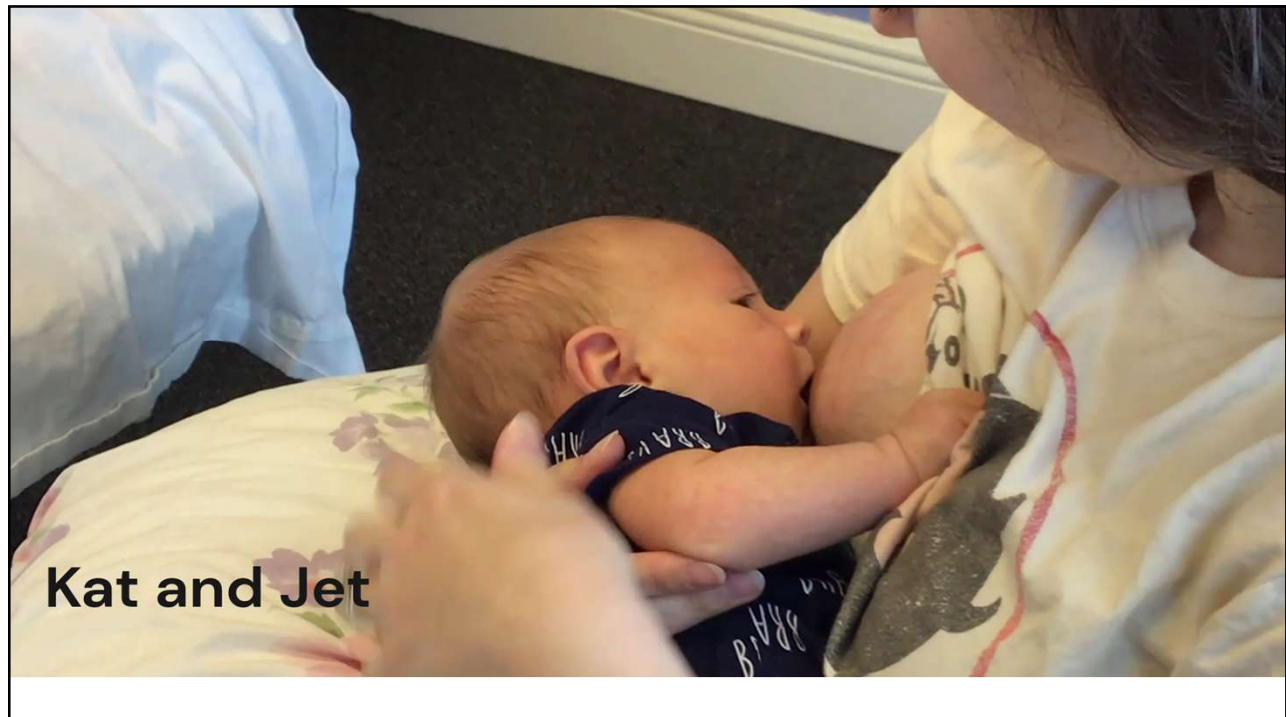
- At the time the video was taken, Jet was 6 weeks, 2 days old.
- Mom had mastitis for 5 days, breast was still red, painful, and with a hard lump, despite antibiotics. Had been struggling with engorgement, fast let down, and clogged ducts since baby was born on 1/20/22.
- Baby was not always emptying breasts when feeding and sometimes only took one breast during a feeding session.
- Mom left this message in my online booking on 2/16/22 the "OB told me to pump when breasts are not emptied to help clear my infection, but since pumping I have been getting some nipple damage."
- A lot of the video was edited down because of how much crying baby had during the filming.

10

Dyad: Kat and Jet

- Jet had lip and tongue tie released week before filming.
- Mom had seen another PT at Evolution Medical Associates to help manage the mastitis a week or two prior.
- A lot of the video was edited down because of how much crying baby had during the filming.

11



12



Kat and Jet

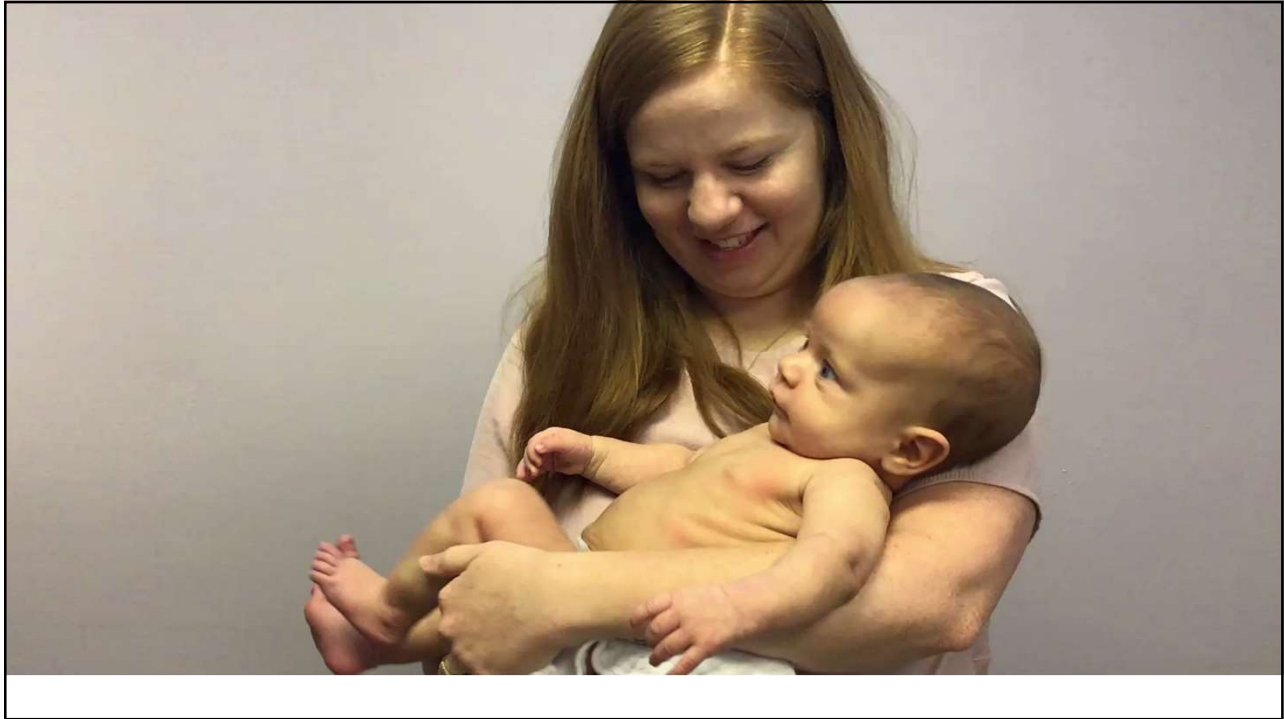
- “We are doing so well, Jet is almost a year old already!!!! Unfortunately, our breastfeeding experience came to an end after about 2 months of trying, and we have been on formula ever since. Switching to formula was difficult as the first one we tried caused Jet constipation. Then we switched and he hated the one we tried. Then we tried Enfamil Reguline and have been on it ever since!!! Excited to be done with the formula though and switch to milk.”
- Kat 12/15/22
- Gave mom a weaning plan about 10 days after filming. Mom and baby did not respond well to block feeding, which is what I recommended at our appt after filming.

13

Dyad: Skylar and Silas

- Silas was 3 months ,5 days old at time of filming.
- Referred mom to project after seeing her at Baby Café.
- Mom had months of plugged ducts.
- Baby had GERD, weight gain had slowed significantly, and his tongue tie released at 2 weeks and then revised again due to reattachment.
- Mom had been concerned but wanted to avoid medication, allergy testing, formula, and breastfeeding at night.

14



15



Skylar and Silas

- Per mom, "Silas just turned a year old on Thanksgiving and we are still going strong with nursing and don't plan on stopping anytime soon. I'm so thankful we made it through the tough part to now with your help! He has maintained a healthy weight gain and is doing great.
- I loved the different perspectives from each of you and would never have known to take him to an SLP or PT without you sharing that knowledge with me. The PT was especially helpful as she knew what to look for and how to fix the tightness he was experiencing while nursing.
- And of course, having your help was crucial to our success because you had many possible solutions to our issues that we worked through and were able to resolve, thankfully, without extra medical intervention or resorting to formula."
Skylar 12-15-22

16



17

Volunteers

- A person who didn't even know flipping lips while latched is a thing to breast or bottle
- A person who either flips if the lip is tucked or teaches the parent how to flip it while at the breast, may or may not recommend flipping at the bottle
- A person who almost would never recommend flipping at the breast ever, but would encourage flipping the lips at the bottle if needed
- A person who would never flip lips on bottle or breast

18

Questions?

- Introduce yourself briefly
- Let us know who the question is directed to
- We will repeat the question if others have a hard time hearing
- There are no stupid questions