

Northern LLLights



The Area Leaders' Letter for La Leche League of Minnesota and the Dakotas

Fall 2020, Issue No. 161

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Save the Date: Leader Day 2020

Join us!

Leader Day IS ON! Join the Area Team for a time of encouragement and fun, Area news and connection, and Leader education.

We look forward to spending time with you!

Saturday, November 14, 9:00-1:00, Online

Contact Lindsay if you did not receive the invite or if you have questions: 763-458-7191, lindsaytaylor333@gmail.com

Join the Area Department Coordinators Team!

The Area Team is changing! We have a new Interim ACL, a new APL, ACC, and Equity Advocate and we are excited to get started! There are still two open positions: Communication Skills Coordinator and Coordinator of Leader Accreditation. If you are at all interested in joining the ADC Team and being more involved at the Area Level, now is your chance! Contact Lindsay at lindsaytaylor333@gmail.com for more information. We'd love for you to join the Team!

From the Desk of Anne-Marie Studer, Area Communications Coordinator

Hello, Leaders of Minnesota and the Dakotas,

Fall is here, and with it a new season of changes. Here in Grand Forks we are settling into new routines, including life as a brand new homeschooling family! I'm embracing the "unschooling" approach right now as I'm sure we will get to spend lots of time on bookwork once winter sets in. In the meantime, counting pumpkin seeds is good for first grade math, right?!

As the new Area Communications Coordinator, I am excited to be joining the Area team. LLL has given me so much: some of my closest friends, a community of mothers I can trust and, perhaps most importantly, a confidence in my ability to know how best to meet the needs of my babies and children. I first started attending meetings when I was pregnant with my son, Daniel, in January 2014. Once he was born, I attended meetings regularly and loved the supportive and encouraging environment. With all my family back in Ireland, I found a support network at LLL. I became a Leader in 2016 and I have loved being able to help and learn from all the mothers and families I have met along the way. LLL has impacted my life in so many positive ways



and has remained a supportive presence as my husband and I raise our three children. I'm grateful to have the opportunity to give back.

We are living in strange and stressful times, and change isn't always easy to embrace. Many of us are struggling with the additional burdens being placed on us as mothers, as professionals, and even as Leaders. As Jessica Santini, my Co-Leader from Grand Forks writes in her essay on page 11, hard things *do* get better. In the meantime, the Area team is here to support you. One way we hope to achieve this has been with the introduction of "Leader Connection Time." By offering a time and place for Leaders to hang out (virtually), share any stories or concerns from their Group and just have a space where they can ask their breastfeeding or parenting questions, Leaders will have a space where they can feel

supported and encouraged. Feeling connected is hard right now (ironic given the abundance of Zoom calls, right?), but we want to make sure that all Leaders in our Area feel they have a chance to visit with other Leaders throughout MN and the DAs. Anne shares more about Leader Connection Time on page four.

Another change will be our first ever VIRTUAL Leader Day on Saturday, November 14th! The Area Team has been working hard to offer a day for Leaders to connect, learn, offer encouragement and support, and have a little fun! While it won't be the same as other years, we do hope you'll join us for some or all of the time. Keep an eye out for a special gift from the Area Team as our way of celebrating Leader Day and saying "Thank You" for all the work you do!

I've worked on *Northern LLLights* for over two years with Lindsay, but this is my first issue "flying solo." Thank you to all who have contributed! Lindsay has supported me greatly, and thanks to her I know that hard things really do get better!

Wishing you and your family a healthy and enjoyable fall season,
Anne-Marie

A Letter From Your Incoming Area Coordinator of Leaders

Lindsay Taylor, Interim Area Coordinator of Leaders

Hello Leaders of MN/DAs,

As your incoming Interim ACL, I'd like to re-introduce myself. It's been a while anyway and newer Leaders may not know me. It's hard to believe, but it's been 13 years since I first attended an LLL meeting when my first child was just a few weeks old. Although I didn't go to another meeting during his babyhood, I did call for support a couple of times. I attended again after my second child was born two years later and became a monthly regular after he turned one. Sometime during his second year of life I was asked about Leadership and began the accreditation process.

I was accredited with the Northeast Minneapolis Group in May of 2013 right before my third child was born, and I hold dear memories of my years attending the busy, active Group, and co-leading with marvelous women. When I reflect on my early motherhood years, I will always think about the impact on my mothering that LLL had, and also how much fun we had as Leaders and as a Group.

In 2015 my family moved to St. Paul, and I transferred to the St. Paul Metro Group, expanding my LLL friendships to include the fantastic women in that circle. I began working as co-editor on *Northern LLLights* and in fall of 2016 took on the Area job as Area Communications Coordinator. Again, because of Area work, I expanded my LLL contacts and made new friends across Groups.

My family includes my husband of 16 years and three children: Caleb, age 13, Elias, age 11, and Louisa, age seven. Our school is 100% distance education right now, so much of my time is spent

full-time parenting and doing school with my kids. I also volunteer as children's director for a Christian organization and work as a birth doula (less active at the moment). My education background is English and I taught as an adjunct instructor at a St. Paul university for many years. I write, I read, I go for hikes by the Mississippi River. I'd rather play a board game than watch a movie, and I've been a part

of a book club that has been meeting for 15 years, with mostly the same women.

This fall I intended to leave the Area team and focus on Group work.

However, when Jill announced her plans for retirement I felt compelled to stick around for one more year. I just couldn't imagine the Area Coordinator of Leaders role left vacant. (Plus, it feels good and is enjoyable to be part of the Area team!) I am in this role for only one year as Interim ACL (the usual commitment is three years). I am hopeful that one of you will have a desire to lead the Area and continue

the good work that the team will do this year. It is exciting that roles are being filled by new Area team members Jessica Underwood, Anne-Marie Studer, and Naomi Benjamin. Two spots remain open on the team, and I'm eager to see who will step into them so that the Area can reach its potential in supporting the Leaders who carry out the mission of LLL.

Take care of yourselves and your families, Leaders. I look forward to connecting with you all in some way during the next few months.

WarmLLLy,
Lindsay



Area Finances

Megan Anusionwu, Area Finance Coordinator

Professional Zoom Account

The Area has created a subscription for a professional Zoom account. This will allow Groups to host meetings longer than 45 minutes and allow up to 100 participants. Please let me know if you would like the login information for Zoom, and please keep the use of this La Leche League related. We ask that Groups utilize the [scheduling function](#) on Zoom to ensure that there is no confusion with multiple Groups trying to host meetings at the same times.

Leader Dues

Leader dues are due for 2021 on November 1st. Please mail a check to PO Box 7052 Minneapolis, MN 55407. Leader dues will be \$45.00 per Leader this year. As always, if your Group is not able to cover Leader dues, please respond to this email letting me know, and the area will cover your dues. Leaders that are not Group affiliated will have their dues covered by the Area.

Group Financial Reports

I have emailed out the template for the Group Financial Reports. Please fill out the report for April 1st, 2020-today's date and send it back to me. Please save a copy and [do not enter your information on the template](#). If you did not receive a copy or would like me to send you a copy, please let me know at llmnda.finance@gmail.com.

Letter from Incoming Area Professional Liaison

Naomi Benjamin, Anoka County, MN

As a Leader, who do you call when you encounter a difficult situation? For example, when a parent is navigating a less common health issue and is trying to determine how it impacts breastfeeding, or when there is a question about a legal issue related to pumping at work? While posting a question on Facebook in our Leader group or in the LLL USA Leader group can be a great route to take, there is another resource that is also available to you. I'd like to introduce myself as that resource: the Area Professional Liaison for LLL of MN/DAs.

For my background, I am an Advanced Practice Nurse with a focus in critical care; I have both adult and pediatric ICU experience in nearly 20 years as a nurse. I've been a Leader for about two years for the Anoka County Group, and also help moderate a non-LLL breastfeeding support group on Facebook. I've enjoyed participating with the Anoka County Breastfeeding Coalition as well.



Here are some of the responsibilities of the APL:

- Assist Leaders in helping families to make informed breastfeeding decisions and to understand and communicate effectively with professionals through increased Leader education in breastfeeding matters.
- Enhance positive public relations with the health professional community and to foster breastfeeding education.
- Act as a resource for Area Leaders, providing information and perspective on unusual breastfeeding situations. Leaders are encouraged to call the APL for tough legal and medical situations. (Please note: Leaders should not ask parents to call the APL themselves).

While I am still learning the role of the APL, I invite you to reach out with questions that you might need help navigating. You can also let me know if there are topics you'd like to have resources for. I plan to have something in each edition of Northern LLLights, and I hope to collect additional resources for the Leader section of our website. *Note that the expectation is not for parents to be referred to the APL, but for Leaders to reach out for assistance and continue to directly interact with the parent.* I look forward to supporting you all as part of the Area team!

Naomi Benjamin
Naomi.r.benjamin@gmail.com
 757-469-6676 (feel free to call or text)

Updates From the MN/DAs Events Department

Anne Ferguson

Leader Connection Time

To provide the Leaders of Minnesota and the Dakotas with more opportunities to connect, we are starting to schedule Leader Connection Times every other month. These meetings will be held via Zoom. Our first meeting was Wednesday, September 30th from 10 a.m. - 11:30 a.m. and was a great success! It was so much fun to connect with Leaders throughout Minnesota and Dakotas and to see some new and familiar faces. We chatted about our Groups and our work as Leaders, as well as our personal joys and challenges. It was a wonderful way to feel connected to and supported by fellow Leaders throughout MN and DAs. If your Chapter ever had Chapter Meetings, this was something very similar.

I am excited that technology now allows us to connect easily from all across our Area. Check your email and our Facebook Leader group for links to the Zoom meeting. The next meeting will be scheduled for January and will be on a Saturday.

Area Conference 2021

At this point it seems unlikely we will be able to reschedule our Area Conference for spring of 2021. Unless something changes dramatically with the pandemic we will have to just sit tight and see what happens.

Interested in being the New Area Coordinator of Events?

I recently realized that I have been the Area Coordinator of Events for seven years! Some of you know that I'm currently in graduate school to become a therapist. As my life path shifts, I'm closer to the time when retirement from LLL makes sense for me. So, if anyone reading this is passionate about events and wants to join the ADC team, please reach out! I'm thrilled about the recent changes happening to the ADC team and I think we need Leaders who have fresh excitement about this work.

Honoring Jill Christianson



We are sad to say goodbye to Jill Christianson, outgoing Area Coordinator of Leaders and long-term Leader. You have been a source of encouragement and support for countless mothers and families over the years, as well as an inspiration to Leaders in Minnesota and the Dakotas. A heartfelt thank you from all of us to you! We wish you well as you move into this next season of life. Here's a little more about Jill in her own words.

When did you become a Leader?

I became a Leader when my second child was two years old, in

2007. I almost didn't become a Leader because I thought I was done having kids and would likely be done nursing before I was even done with my accreditation. I was NOT done nursing that second baby by the time I was a Leader, then went on to have two more babies!

What Group or Groups did you volunteer with?

I volunteered with the Fargo-Moorhead Group from 2007-2015, then joined the Bloomington-Richfield Group when my family and I moved to the Twin Cities in 2015.

What roles did you fill beyond local Group leadership?

I was the Area Financial Coordinator for about two years before taking over the role of Area Coordinator of Leaders.

Do you remember your first meeting and what it was like?

My first meeting was technically with the "F-M Area Breastfeeding Group" since the person who ran it was still in the process of completing her accreditation as an LLL Leader. I remember being amazed at all of the "old" babies and toddlers still nursing! I was expecting to meet a lot of judgy moms who would "make" me nurse my kids until they were

five years old, but in fact I found some of the nicest, most fun people who are still my friends to this day.

What was your favorite part of leadership? You can have multiple parts!

I loved leading a lively discussion. Even as I transitioned from a new mom to a "veteran" parent, I could always learn something new from someone else's experience.



Jill at the Fargo Parent Fair during her first year of LLL Leadership in 2007. Pictured with Jill is Co-Leader Lisa Olson.

Do you have a specific LLL memory or two you'd be willing to share?

I will never forget the helping calls that started with a new parent in tears on the other end of the line, and that ended with a sigh of relief and the words, "Thank you! I feel so much better!" At first I didn't understand their mood change when it often felt like I didn't really DO anything. Over time I came to realize the incredible value in reflective listening and holding space.

What's next for you?

For now, my family is back to our homeschooling roots as all four kids are learning online this fall and my husband works from home. I try to break up all

the family time with long walks with the dog and continuing my work as a postpartum doula and nanny.

Tributes from Co-Leaders

I've long said that Jill is my parenting role model. Jill's ability to empathize without judgement is such a gift for a parent who is struggling with a new baby or a willful toddler. My starter kid was not the easiest toddler and I spent much of his first few years a ball of anxiety, but the LLL enrichment meetings at Jill's house were such a blessing. Her apparent inability to be bothered by anything, from an absolutely destroyed basement play area to several pounds of bananas being stolen by sneaky toddlers, certainly helped me learn to loosen up. What an important skill to have as a parent, and later, as a volunteer. Jill, your impact on parents and babies is not one that will be forgotten. Thank you so much for your time in LLL.

Shared by Jaci McCaskell Kulish, Fargo-Moorhead



Jill and Jaci at the Live, Love, Latch!® picnic in Fargo, 2018

I had the pleasure of working alongside Jill as Co-Leaders for the Richfield/Bloomington Group and then when she became our ACL. I loved her from the very beginning. I got to spend numerous days at Jill's house (of course, she's always willing to host!) working on my accreditation, having Leader meetings and eventually accrediting other Leaders. I enjoyed drinking coffee and learning more about my Co-Leaders, sharing mothering and life experiences. She was always so patient with the million questions I had and seemed to have the answers to everything. She makes parenting look easy! There are so many things I admire about Jill but I think I love her witty sense of humor the most. I have learned so much from Jill about chestfeeding and parenting in general. She has helped so many mothers in her years with La Leche League and she will, without a doubt, be missed.

Shared by Laurel Needham, Richfield/Bloomington

A big thank you to Jill for filling the role of Area Coordinator of Leaders these past three years, and for her 10+ years volunteering with LLL. She is a big-hearted, loving person who became an instant friend when I met her after her move from Fargo to the Twin Cities. I especially appreciate her sense of humor and candor, and her hospitality when she hosted Area team meetings. I wish her happy days ahead!

Shared by Lindsay Taylor, St. Paul Metro

Leaders and Social Media

Shared by Amy Nelson, NGA

This article was published in *eConnect*, issue 53, Summer 2020, A US West Publication for Leaders.

Written by Becky Hugh.

It has been adapted for this issue of *Northern LLLights*.

Social media has become a mainstay in our lives, even more so with the advent of the COVID-19 pandemic. As Leaders, we are providing increased support to families using a variety of virtual platforms. It is often difficult to separate our personal online presence from our role as a La Leche League Leader. Below are relevant excerpts from the LLLI PSRs and the LLL USA Social Media Guidelines. Leaders operating on virtual platforms and on social media can be guided by the policies within the **Social Media Policy for LLLI**

Leaders :

MAKE YOUR ROLE CLEAR: When identified as a Leader in a public space do not promote personal opinions or interests. When sharing LLLI Policies and information, quote appropriate documents and resources. Link to LLLI publicly shared information. If none, then wait till official channels make announcements.



Avoid:

- Making statements on social media that could be deemed as controversial, especially in regards to matters relating to any part of LLL.

- Getting involved in heated debates on social media, such as the LinkedIn Members Forum or Twitter, that involve direct actions of any part of LLL or LLLI in the media.
- Writing any potentially inflammatory and/ or disrespectful posts relating to public statements/ stances of any part of LLL. See *Respectful Communication*.

Social Media for Personal Use

If your association with LLL is clear in your personal posts, as well as observing the points above, be attentive to the following:

- When offering your personal perspective on a matter related to LLL, be mindful that your commentary and opinion does not cause damage to LLLI, a DCE or their commercial interests.
- Think twice before posting: privacy does not exist in the world of social media. Consider what could happen if a post were to become widely known and how that may reflect on both the poster and LLL. Search engines can turn up posts years after they are created, and comments can be forwarded or copied without your knowledge or consent.
- Do not use LLLI's name or logo, or any other LLL images or iconography, to promote your personal blog, group or business.

Your Social Media Profile

It is understood that Leaders may use the same profile for personal use and their LLL role. It is not appropriate to use a political or cause-aligned profile picture, cover photo or description on a profile which you use for providing breastfeeding support in your Leader role. Showing your own sexual

orientation, race or religion on your profile is not prohibited. Using a political party, candidate or campaign badge for your profile in an LLL group supporting families, or where you identify yourself as a Leader, is not permitted by the policy, because it is mixing causes, in the same way wearing such a physical badge in an in-person LLL meeting would be.

You might need to set up a second profile to avoid this (some platforms in some countries have restrictions on second profiles).

Leaders are required to use a disclaimer if they are referring regularly to LLL-related issues. It is understood that when using a Social Media Platform such as Twitter, disclaimers on every post are not possible or appropriate; however, a general disclaimer could be added to your Twitter profile stating: 'Views all my own.'

An example of when a disclaimer would be appropriate is at the end of a blog post published by a Leader on a website. An example of a disclaimer is: "The views expressed in this post are mine only and do not necessarily reflect the views of La Leche League."

And from the LLL USA Social Media Guidelines:

IX. Leader Social Media Presence

If you are using a personal account as a Leader, Group participants may see your personal online activity. Consider this before friending or following Group participants. Your current profile picture can be seen on any post or comment you have ever made in some formats. If a Leader is using a personal account for LLL purposes, they should keep any advocacy or advertisement off your profile picture and your cover photo to avoid mixing causes. A Leader should make every effort to keep roles separate. This includes not sharing links to a Leader's business, other volunteer activities, advocacy activities, or professional blogging on Group-owned social media accounts. If a Leader receives a complaint about a fellow Leader, based solely on information or events occurring outside of official LLL venues, the participant should be counseled that the Leader is only representing LLL while in official LLL venues. If concerns are of a very sensitive or egregious nature, discuss this with the Leader in question or ask your Area's Leader support for guidance. Using LLLI or LLL USA logos as your profile picture or avatar is discouraged unless your personal profile is used exclusively for La Leche League work.

Metro Phone

Thank you, Leaders, for volunteering for Metro Phone. Calls have been coming in, and maintaining this phone service has been useful for outreach and accessibility of support in Minnesota and Dakotas.



Sign up for volunteer shifts usually takes place at Leader Day, but since we are hosting a virtual event this year, I am sending out the call for volunteers here! Open shifts will begin on Monday, November 9th. If you are interested in signing up, please email Anne-Marie at: annemarie.studer@gmail.com or call/send a message to 701-317-1494.

Thank you!

Leader Resources

Jessica Underwood, Area Equity Advocate

I was recently reminded of a great online resource called EthnoMed (EthnoMed.org). EthnoMed’s purpose is to “provide information about cultural beliefs, medical issues and other topics related to the health care of immigrants to the US, many of whom are refugees.” I would like to encourage everyone to consider the various cultures represented in their community, and to spend some time exploring them on this website. Infant feeding practices of white US culture can look very different than those of other cultures, and it’s our job to become informed and culturally competent.

You can navigate this website by clicking “cultures” and then clicking on the cultures represented in your area, or those you’d like to learn more about.

There is a lot of information provided, from language to traditional medicine practices and more. About halfway down the page are two sections that may be especially relevant to us: “Reproduction” and “Infancy, Childhood, and Socialization.”

As an example, I explored the information on Somali culture as there is a large Somali population where I live in Minneapolis. Here is some of the information I found: “Breastfeeding is the primary form of infant nutrition. It is common to breastfeed a child until 2 years of age. Supplementation with animal milks (camel, goat, cow) early in the neonatal period is common. This is especially true during the first few days of life, as colostrum is considered unhealthy. Camel’s milk is considered to be the most nutritious of animal milks. A few Somalis use bottles, but more commonly, infants, including newborns are offered liquids in a cup.” Of course this information isn’t comprehensive, nor does it represent everyone within a culture, but is a good source for beginning that learning process. I encourage everyone to check it out!



Leaders Share



Jessica Underwood shared this cute picture of her daughter, Kinsley. She writes, “This is what happens when your two-year old gets a hold of your teaching supplies!”

Photo: Jessica Underwood, Golden Valley/St. Louis Park

Personal Essay: Hard Things Get Better

Jessica Santini-Levenhagen, Grand Forks

When my second son, Holden, was born in 2016, we struggled with his latch for the first couple of months. He had a shallow latch, he had a tongue tie, and he was determined to suck his thumb while he tried to nurse. As you can imagine, this made for some frustrating moments for both of us. Because I struggled so much getting up and down after a difficult c-section, we spent our early days nursing in a power/lift recliner in my bedroom loaned to me by my in-laws.

Holden's older brother, Cooper, who was two at the time, was endlessly fascinated by this power chair that would slowly catapult his mom to a standing position or lower her back down to settle in for more nursing his new brother. I, on the other hand, was not so enamoured.



Here I was, living in a chair meant for the infirm, wearing a diaper just like my baby, stitched and bandaged across my abdomen, and constantly warmpacking and massaging engorged breasts. I was sad to be facing another hard recovery with this second birth when I had hoped for something much faster and easier. What I really needed was some perspective and encouragement. And who better to offer it than a toddler?

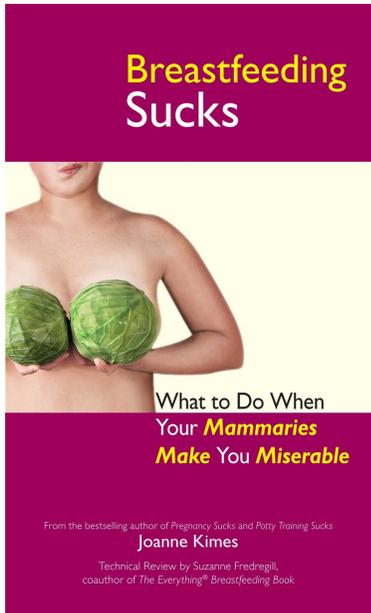
Around our third day home from the hospital, two year old Cooper climbed up on the arm of the chair and peeked over my shoulder while I tried to adjust Holden's latch. Hungry, angry Holden's face scrunched up and turned red as he howled at the outrage of being denied his thumb while nursing. Cooper patted his back and offered earnestly, "Don't worry, Holden. Things are hard sometimes but it will get better." Those two sentences, particularly in the way they were offered with the purity of a child's sincere honesty and certainty, were a turning point for me in facing our challenges, and I've thought of them often since.

Still, it's so hard to know that things will get easier in the early days of something new, whether it's a new baby, going back to work after a birth, adding a sibling, a toddler potty training, any new phase of our lives, really. This assurance is also hard to remember in the middle of hard things that go on longer than expected or that don't follow a desired linear pattern, such as children's sleeplessness, transitioning to solids, trying a preschool program for the first time, or you know, navigating the unpredictable, daily changes to our lives brought on by a pandemic.

By the time Cooper was nearing three, he was able to offer wise assurance to newborn Holden, which assured me as well. How easily we forget that things are genuinely hard for our babies and toddlers, too! But out of those hard things, with support and tenderness, resilience grows; that's the "things get better" part. I've only been a mom for six years, but I know this is a hard time to be a mom. This is a "sometimes" when things are hard for all of us for very serious reasons, but with support and tenderness toward ourselves and toward our children; perhaps, even offered by our children, we will see one another through until it gets better.

Book Review: *Breastfeeding Sucks*

Naomi Benjamin, Anoka County



At the beginning of the COVID stay-at-home orders in Minnesota, I was looking for ideas of creative ways to help Group members who couldn't use our Group library to access resources. I started exploring the books available as ebooks from the two libraries I have access to. *Breastfeeding Sucks* is one of the breastfeeding books Hennepin County Libraries has available in the Libby app. Since I hadn't heard of it, I thought it might be worth reading.

Overall, *Breastfeeding Sucks* is an easy read. It is organized into chapters for specific time frames, and easy chunks for a new parent to read. I suspect that many people would also appreciate the author's sarcasm and humor, especially if they have enjoyed the author's other books (*Pregnancy Sucks* and *Potty Training Sucks*).

However, there are multiple reasons why, as the author correctly observes, her book will not make it to any LLL recommended booklists. *Breastfeeding Sucks* is full of missing information. I hesitate to call it all misinformation, as much of the information reads like many

popular breastfeeding Facebook group threads. Some good information is mixed in with neutral information, and some potentially harmful (to a sustained breastfeeding relationship) information. Most of it is presented very authoritatively, as if there is only one way to do things, and when there are multiple suggestions, there is not enough information to help a parent determine what strategy might work for them (or what might be risks of a certain strategy). The author validates a lot of myths as if they are true and expected for all breastfeeding relationships - such as that babies will wake more frequently because they are nursing. And I'm not sure the author has ever seen, let alone used, a breast pump. (Even 12 years ago I doubt most pumps were the all-metal contraptions that she describes.) In addition, she makes sweeping generalizations about foods and medications that have to be avoided while breastfeeding.

Another generalization made by the author is that everyone is coming from the same socioeconomic and family background. In the "Return to Work" section she seems to assume everyone works in an office. There are also many assumptions about the family setting one will be in while breastfeeding. The list of items "needed" for breastfeeding (even though it is acknowledged that a person can breastfeed without them, they're pretty highly recommended) seems to assume everyone can afford to buy lots of accessories for breastfeeding.

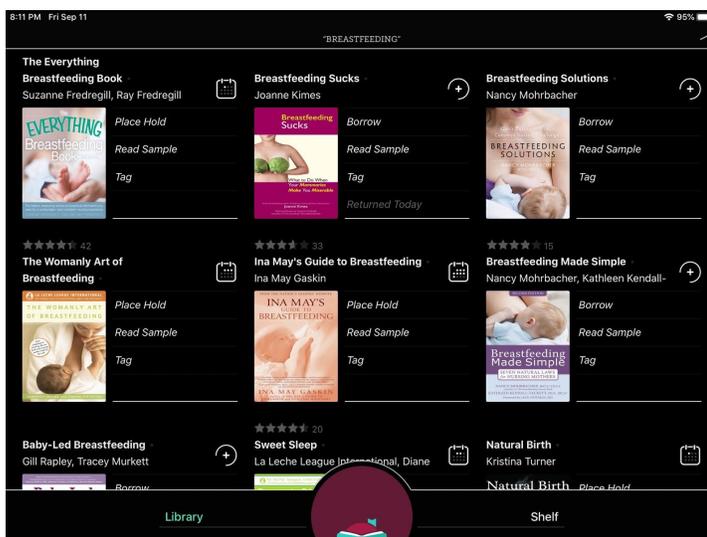
However, the main reason the author acknowledges why her book will never be recommended by La Leche League is in relation to a recommendation she makes about supplementing with formula at night so that mom can sleep. Here is what stood out to me about that comment: either she sees LLL Leaders as out of touch with the reality of most people's lives, or she understands us to be so militant in our views of a breastfeeding relationship that we cannot help a parent navigate a difficult situation in a way that meets THEIR goals.

This reminded me how important it is to seek information from a parent about the need they are trying to meet, while also finding out what their goals are. Providing information about the possible outcomes of

various strategies can be a far more effective strategy than communicating only the strategies that support exclusive breastfeeding. It makes me think of a recent helping situation with someone who was looking to relactate. While this parent had a desire to nurse her child at the breast, her main goal was to pump enough to provide some breast milk. Knowing that information, I was able to present a number of different ways she could tackle this, with potential outcomes of each - so that she could make her own decision about what approach aligned best with what she was working toward.

Bottom line - if a parent is asking about a good general breastfeeding resource available by ebook from their local library, this wouldn't make my list. I'd most definitely get rid of it if it showed up in a Group library, and I'd be inclined to figure out how to provide some information about why another book (such as *The Womanly Art of Breastfeeding*) might be more highly recommended. But reading it also provided me with some valuable prompts to think about handling misinformation in meetings or Facebook groups, and to think about how I can better present information to help parents make their own informed decision about what direction they might proceed.

One last note - there actually are some great breastfeeding books available on Libby through Hennepin County Library (see screenshot). I can't speak for any other libraries, but Hennepin County provides reciprocal access for Anoka County library cards - as well as many, if not all other Minnesota counties. I can't speak for the Dakotas, but it could be worth exploring if you're looking for an option for parents to access some resources!



Editor's Note:

Here's what Libby had to offer from the Grand Forks Public Library. Titles included: *The Womanly Art of Breastfeeding*, *The Nursing Mother's Companion*, *Ina May's Guide to Childbirth*, as well as *Work, Pump, Repeat* and the ever-present *What to Expect When You're Expecting*.

Has anyone else checked out Libby in their area?

Recipe Corner

Christina Forga, St. Paul Metro

I love a good Chai Latte but I've found that coffee shop Chai is way too sweet for me! Here is a recipe I've perfected for the BEST Masala Chai! I started with a recipe from the "Food with Chetna" YouTube channel (for those who are Great British Baking Show fans, Chetna was a contestant on Season 1!), and then modified it to my taste. Enjoy!

Chai Latte

Ingredients

600 ml of water

Black tea (two tea bags or 2 Tbsps loose tea leaves)

4 cinnamon sticks

6 whole cloves

6 green cardamom pods (dried & slightly crushed with a mortar pestle)

approx. 1 packed Tablespoon of fresh grated ginger root

approx. 1/2 packed Tablespoon of fresh grated turmeric root

2 Tablespoons pure maple syrup

Directions:

1. Bring the above to a rolling boil and keep it at a rolling boil for 1-2 minutes.
2. Stir in 1-2 Tablespoons of any loose black tea (decaf or regular, although I've found I need to add more decaf to get the same taste.) or open up 2 tea bags of any black tea and add to the mix.
3. Turn down to medium heat and continue to cook/boil for another 1-2 minutes.
4. Add 200 ml of milk and remove immediately from the heat. (I use almond milk, but you could use any milk. Coconut milk, soy milk, skim milk, oat milk, whole milk, or raw milk).
5. Pour through a fine sieve and serve hot or on ice! (I sieve mine twice, once through a regular fine cooking sieve, then once through a very fine tea sieve.)



AREA NEWS

New Leader, Group and Leader Profiles

We like to feature new Leaders and new or existing Groups in our Area in this section of Northern LLLights. If your Group has not yet been featured, please let me know. We love to share the great work the Groups throughout Minnesota and the Dakotas are doing to help breast/chestfeeding families!

Update on Leader Reporting

The Leader reports will include three new questions. Mosaic, the Area Network that MN/DAs connects to, now requires Area reporting to include specifics about the number of meeting attendees who pump, geographic area covered by meeting attendees, and social media use (including number of followers). Your District Advisor will collect the data from you in the regular course of reporting.

Retiring With Many Thanks

Megan Andreen
Dorothy Rand
Jill Christianson



Northern LLLights is La Leche League of Minnesota and the Dakotas' newsletter produced by and for Leaders. This issue was produced by Anne-Marie Studer, with editing assistance from Amy Nelson. All Leaders are encouraged to submit content. The deadline for the Winter Issue is January 10, 2020. Event recaps, meeting ideas, recipes, photos, and any other inspirational or informational submissions are welcome. Submit ideas, articles, or pictures to Anne-Marie Studer at <annemarie.studer@gmail.com>.



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La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

Northern LLLights

THE AREA LEADERS' LETTER
FOR LA LECHE LEAGUE OF
MINNESOTA AND THE DAKOTAS
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