

2021 Year In Review

# Celebrating Breastfeeding in the Crow River Area



## Reflecting on the Past Year

Our Coalition continued to meet monthly in 2021; year two of a pandemic that uprooted much of our “normal.” Between these meetings held over the internet, while going through the waves of 2021, the successes did not always seem prominent. But now, as we take a look back, it is easy to see that we have SO much to celebrate! It is reassuring to recap these successes and celebrate the value that our community truly does place on supporting breastfeeding.



## PUMP Act Passed

Let's not forget to take a moment to celebrate a huge breastfeeding victory on a national level in 2021; the PUMP Act passed the House strengthening past workplace breastfeeding laws for nursing employees.

## 2021 SPECIAL SHOUT OUT!



Ridgewater College takes considerable action to support breastfeeding.

Breastfeeding moms now have a new, private space called the Mamava Lactation Pod. The pod interiors have bench seats, power outlets, shelves, occupancy-activated lighting, vents and more.

Check out this [press release](#) for more information. Way to go!



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# CRABC Year in Review

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After our annual meeting in early 2021, we revised our resource guides to be more inclusive of local support groups and doulas. Our community is fortunate to have so many resources listed! When Springtime came, we were asked to share our coalition's past successes with World Breastfeeding Week activities at Minnesota Breastfeeding Coalition's Spring Teleconference. Other coalitions looked to us for ideas and suggestions to start or improve their own events! What a great ripple effect into the rest of Minnesota. During the summer, as years past, we had well-received presence at the fairs in Meeker, McLeod, and Sibley counties with lactation spaces available. Around this same time, Sibley County went door-to-door visiting daycares to hand out goodie bags and encourage Breastfeeding Friendly recognition by MDH. Our annual World Breastfeeding Week Milk Meeting was hosted virtually and by drive-thru, resulting in an attendance of 26 people, 6 latches, and 3 virtual latches. While this event was smaller than in years past, we are happy to have continued the tradition and look forward to growing the event in the future years as we return to "normal."



Throughout the year, our local public health offices and clinics adapted to pandemic hardships and continued to provide lactation support and education to families in our community. Additionally, a coalition subcommittee participated in Collective coaching and successfully built up the start of an online resource guide. Another subcommittee gathered data and started a "Have You Heard" and "Did You Know" campaign with breastfeeding information. The social media campaign pushed our coalition to start posting regularly on our Facebook page to increase community engagement and provide education. We are excited to continue this campaign and see where it will go next!

If you are interested in learning more about our coalition or joining our efforts, please reach out! Contact and meeting information can be found on our website.