



New Mexico Breastfeeding Task Force

ENSURING ALL FAMILIES HAVE THE SUPPORT THEY NEED TO REACH THEIR LACTATION GOALS.

Established in 1988, the New Mexico Breastfeeding Task Force (NMBTF) is a non-profit organization with local chapters working to promote breastfeeding in New Mexico. We work to inclusively remove barriers to breastfeeding and promote breastfeeding-friendly policies through advocacy and building local capacity. We believe a breastfeeding/chestfeeding culture includes all forms of feeding human/mother's milk, including pumping, donor milk feeding, and milk sharing.

NMBTF OFFERS A VARIETY OF SUPPORT (IN-PERSON AND VIRTUAL) FOR DIFFERENT SECTORS AND SEASONS.

FOR HEALTHCARE PERSONNEL: INCLUDING; Doctors, Doulas, Home Visitors, Medical Assistants, Midwives, Nurses, Peer Counselors, Physical Therapists, Students, Social Workers, Case Managers & more

- Annual Professional & Paraprofessional Conference
- Hospital & Clinic Summit
- Lactation reimbursement guidance
- Technical support available for Baby-Friendly Hospital Designations & Hospital Best practices
- Programmatic support available for the Breastfeeding Friendly Clinic Initiative endorsement
- Other educational & training opportunities for healthcare staff
- Opportunities for networking with Lactation Professionals across NM

WORKFORCE DEVELOPMENT FOR LACTATION CARE PROFESSIONALS

- Scholarships & mentorship available for members to increase their lactation education & expertise
- Financial & mentorship support to increase the number of IBCLCs in the state
- Education & training available for Homevisitors, Birthworkers & other other supportive professions serving pregnant & lactating families
- Lactation Care Provider professional development including licensure and billing best practices

OUR GOALS

- Increase Lactation Support in Healthcare
- Workforce Development for Lactation Care Professionals
- Promote Community and Family Support for lactation

OUR CHALLENGE

Most New Mexico families want to breastfeed/chestfeed, but many obstacles make it hard for them to reach their lactation goals. These obstacles include:

HOSPITALS & CLINICS MAY NOT HAVE POLICIES THAT SUPPORT & ENCOURAGE LACTATION

Families need education & support to start and continue breastfeeding/chestfeeding

LACK OF COMMUNITY RESOURCES & ACCESS TO LACTATION PROFESSIONAL SUPPORT

Families need encouragement & lactation support

REDUCTION IN MILK SUPPLY ONCE PARENTS RETURN TO WORK

Many parents find it hard maintaining their milk supply once they return to work. employers are often unaware of their legal obligations and how simple it can be to create a supportive workplace.



BECOME A MEMBER

EXPANDING THE LACTATION ECOSYSTEM

Find out more about New Mexico Breastfeeding Task Force by visiting

breastfeedingnm.org



New Mexico Breastfeeding Task Force

A WORLD WITHOUT BARRIERS TO LACTATION

The mission of NMBTF is to create supportive environments in which lactation is the norm and human milk is available to all infants and children.

NMBTF offers a variety of support for all families

FOR EMPLOYERS/HR/SMALL BUSINESSES:

- Technical Support for Compliance with Lactation Accommodations
- Establishment walk-throughs to designate/improve lactation spaces & Policies
- Employer and Staff Training on Lactation Policy: Benefits for Business & Community
- Recognition of Lactation Friendly establishments; "Breastfeeding Welcome Here" window clings available

FOR PREGNANT & LACTATING PARENTS

- Local Area Lactation Resource Guides available on our website
- Virtual Lactation Circles in English & Spanish
- List of free local support groups that are held in person
- Advocacy support for lactation accommodations when returning to work or school
- Opportunities to connect with local Chapters & participate in initiatives normalizing lactation

BREAKING BARRIERS, BUILDING BRIDGES.



Check the RESOURCES tab to find useful guides for:

- Lactation Friendly Childcare Centers
- Human Milk Storage & Handling
- Returning to Work or School when Pumping
- Alternative Housing Environments
- Human Milk Feeding in our LGBTQ+ families
- Dads Guide to Lactation
- & more

available for download in English and Spanish

QUICK ACCESS TO OUR WEBSITE

LACTATION CARE PROVIDER DIRECTORY



WORKPLACE SUPPORT



LOCAL CHAPTERS



SUPPORT GROUPS



Get in touch with us!

 (505) 395-MILK (6455)  contact@breastfeedingnm.org