

Successful Breastfeeding

by Rebecca Costello

Lactation Consultants at Women's Birth & Wellness Center (WBWC) in Chapel Hill work with a lot of families – over a third of the moms who give birth with WBWC end up seeing one (or more!) of the lactation consultants of WBWC's Mother and Infant Lactation Care (MILC). We also see many moms and babies who birthed elsewhere – often on the recommendation of a friend or family member who also came to WBWC for breastfeeding help.

Working with so many new families, we get a chance to see up close what types of resources help new parents. Many people take classes to prepare for birth, but we really notice a difference when first-time parents were also able to do some preparation for what happens after birth. They tend to be calmer, more confident, and adjust more easily to life with a newborn. All of this affects breastfeeding big time—especially when challenges arise.

How can first-time parents prepare for a new baby to arrive? Spend some time asking friends who are parents about what life with a newborn is like, and their best tips for a smooth transition. Get some books on baby care and breastfeeding – read them, and get your partner



Rebecca Costello with a young family

to read them too. No friends with kids? Not into reading? WBWC offers classes on Breastfeeding Basics and Newborn Care to help you get ready. Our classes are fun, interactive, and taught by experienced lactation consultants and nurses. Not able to make it to the WBWC classes? Many local childbirth educators, doulas, and other professionals offer baby care and breastfeeding classes. We encourage all first-time parents to sign up and study up! We think you'll be more likely to have a successful experience breastfeeding, and be happier, more confident parents all around.

Rebecca Costello works at WBWC as an International Board Certified Lactation Consultant (IBCLC). She earned her Master's in Public Health in Maternal and Child Health at UNC-Chapel Hill.

Climate Change Awareness is Reaching Tipping Point

Five years ago when a farmer came to Abundance NC to ask for a workshop on adapting to climate change, it was a controversial topic. We gathered all the agricultural brains and held a lunch in the Plant kitchen. We had CFSA, CEFS, RAFI, Extension, The Livestock Conservancy and other creative minds in one room. How do we do this?

It was discussed and ideas and strategies were thrown around. The NC Legislature had made it illegal to use current scientific predictions of sea level rise to make coastal policy. It was suggested that we not put "Climate Change" in the title of our workshop. The fun part is that Abundance NC is a small non profit that does not receive funding from the state or federal government. We can do and say what we believe. The workshop turned into a conference. In order to be non-political, we used the title of: Farming Adaptation Conference in today's changing climate.

In a manic state, I called a contact at Cliff Bar Foundation in California and told them the situation and even though this was a little out of their purview, they agreed to send us seed money to get the conference off the ground. All roads led to Laura Lengnick, a professor at Warren Wilson College who had just published a paper with the USDA: "Climate Change and U.S. Agriculture: Effects and Adaptation". I called her and she agreed to meet. We had margaritas in Asheville and she penciled out how to put on this conference on the back of a napkin. She joined us with Ryan Boyles, our State Climatologist and keynoted the first conference. The attendees were farmers, gardeners, and agricultural scientists from NCSU and NCA&T.

Year two, we had Albert Bates, of The Farm in Tennessee speak on biochar. Year three we had Peter Bane, publisher of Permaculture Activist. Year Four we focused on climate justice and Natasha Bowens, author of Color of Food gave a fabulous keynote.

Our fifth year is about to happen on May 12 and 13. We are changing up the typical conference style gathering and holding the event in Pittsboro at the Eco-Industrial Plant on the edge of town. We'll have a panel of scientists including WRAL's Greg Fishel, former climate change denier. Frank Stasio of WUNC's State of Things will moderate the panel and guarantee to have an edgy though-provoking discussion about the economics of climate change. Exactly who is winning here? Who is thinking long term and who just does not care? (Wall Street, perhaps?)

On Saturday, we have designed an incredibly packed day of speakers and workshops, kid's activities, poetry, spiritual reflection, hands-on demos, a huge amount of organizations and vendors will be tabling. We will end the day as we always do, with celebration and live music by The Tan and Sober Gentlemen and Lobo Marino. Food trucks, our local distillery and cidery will be open. Lemonade will be abundant.

As I look around and remember how controversial those first few years were, I see the county, the state and the nation coming to the table on climate change education, awareness and action. I do believe that we will be reaching a tipping point soon and that has to mean that the average person will be taking action on creating their lives a bit more sustainably. And I think that means that our consumer driven culture is about to take a turn for the better. When we reach that tipping point, we'll be making choices for the environment, for our own health and we will have a more authentic joy. A deeper happiness that you just can't get from the constant greed and extractive economy that has gotten us into this spiraling destruction of our planet. Join us on May 12th and May 13th. Bring the family, bring the curious and come connect.

— Tami Schwerin

<http://abundancenc.org/event/2017-climate-carnival/>
<http://abundancenc.org/event/amuse-bouche-2/>

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