



Academy of Breastfeeding Medicine Newsletter

December 2025

A newsletter offering for Academy of Breastfeeding Medicine members and colleagues from across the world.

Welcome to Inside ABM!

Welcome to ISSUE 31 of Inside ABM!

Here's a preview of what ABM members are reading in this month's issue of Inside ABM. Each issue brings you expert insights, clinical resources, and exclusive content to keep you informed and ahead in the field of breastfeeding medicine. To access the full newsletter and all the benefits of membership, [join ABM today](#).

Happy Holidays from the Newsletter Editors and Staff!

As 2025 comes to a close, ABM reflects on the year's accomplishments and looks forward to what's ahead. The ABM Newsletter team would like to thank you, Reader, for inspiring us to include things we hope will inspire you! We love to hear that, across the globe, you are sharing the contents of the newsletter with your colleagues! Thank you for Coming Inside!

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Paula K. Schreck, MD NABBLM-C IBCLC FABM

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Stephanie Spalding

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We welcome your input as we look ahead to 2025! Please contact abm@bfmed.org with any content ideas or if you want to get involved in the newsletter. We would love to share your ideas with the ABM Universe! Come join us!



Leader Corner

By ABM President Julie Ware, MD MPH FABM IBCLC NABBLM-C

Hello! We are experimenting with a new column (corner) in the newsletter to share a little about our leaders so we all get to know each other a little better. I know that you are all leaders, and my hope is that we soon have a “Member Corner” to highlight the wonderful accomplishments you are all making around the world. I’m honored to share a little bit with you now and happy that you will soon meet all your Board members, Committee Chairs, and more. [Join ABM to read more.](#)



Favorite Features of 2025

For this HIGHLIGHT issue, we are featuring EDITOR favorites! Below are the newsletter’s member content editors’ FAVORITE FEATURES OF 2025! [Join ABM to read more.](#)



The Full On-Demand Library is Now Available

Even if you couldn’t join us virtually for the Global Breastfeeding Experience this year, you can still earn the continuing education you need and explore the insights everyone’s talking about! The ABM 30th Annual Meeting On-Demand unlocks up to 33 CME or CE contact hours through flexible, on-demand sessions designed for busy clinicians.

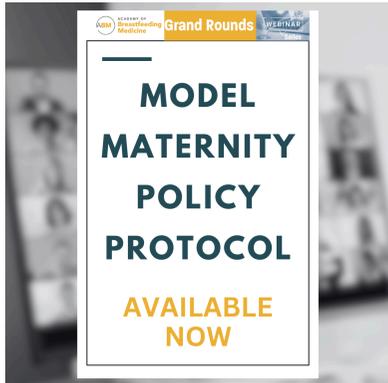
Important Updates & Deadlines

- Posters are now eligible for CME/CE.

- CERPs (IBCLC): Please complete evaluations and claim CERPs by December 30, 2025.
- CME/CE may be earned through March 15, 2026, by viewing sessions or poster content and completing a post-evaluation.
- CME/CE may be used toward IBCLC certification and recertification requirements. For specifics, please contact IBCLC directly.

Drive meaningful change in the field by [registering now](#).

Register Now



The Latest ABM Grand Rounds is Here

Ready to explore the 2025 update of [ABM Protocol #7: Model Maternity Policy?](#)

Join Dr. Maria-Teresa (Maite) Hernandez-Aguilar, Elise Chapin, Dr. Melissa Bartick, and Dr. Paula Schreck as they break down the revised protocol, explore the evidence behind its recommendations, and share why adopting this policy matters for supporting optimal infant feeding practices.

[Watch on-demand and join the Q&A forum today.](#)

Register Now



Get Involved with ABM Special Interest Groups (SIGs)

Looking to connect with others who share your professional interests? Join an ABM SIG to collaborate, exchange ideas, and stay current on key topics in breastfeeding medicine.

To join an ABM Special Interest Group (SIG), simply log into your ABM member profile and select the SIGs you'd like to be part of—your selections will appear in MyABM the following week. Click [here](#) for step-by-step instructions.



Member Referral Program

Earn a 1-month extension on your ABM membership for every member you refer

Refer a Colleague and Extend Your ABM Membership

ABM's member referral program is a simple way to share the value of membership—and earn extra time on yours. For every colleague you refer who joins ABM, you'll receive a one-month extension on your membership.

Here's how it works:

- When someone you refer joins ABM, they'll include your name on their application.
- For each new member you refer, you'll receive a 1-month extension on your ABM membership.
- There's no limit—your membership will be extended by one month for every referral!

Thank you for previewing this month's Inside ABM!

To access the full newsletter and enjoy all the benefits of ABM membership, consider [joining us today](#).



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