



Academy of Breastfeeding Medicine Newsletter

January 2026 | Volume 4, Issue 2

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

Welcome to Inside ABM!

Happy February! 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](#).

In this issue, we will lift up our emerging field of Breastfeeding and Lactation Medicine by connecting with the LILAC Fellowship in Rochester, New York, USA. We follow with a review of a paper authored by an esteemed graduate of the program, Dr. Melissa Holmes, in the "Have You Seen This?" section.

Come on in!



Spotlight on the LILAC Fellowship in Breastfeeding Medicine

A flashback to the [August 2025 issue of Inside ABM](#)...We talked to Casey Rosen-Carole, MD NABBLM-C MPH MEd FABM, currently the President-Elect of ABM, about the scope of practice of the Breastfeeding and Lactation Medicine provider, finding application and utility for the competencies of our field. This month, we again reached out to Dr. Rosen-Carole, this time to discuss the LILAC Fellowship in Breastfeeding Medicine at the University of Rochester. The [LILAC \(Lessons in Lactation Advanced Curriculum\) Fellowship](#) is a 2-year, virtual, fellowship-level program for post-residency healthcare providers (physicians, midwives, NPs) to gain expert competency in Breastfeeding & Lactation Medicine. Developed at the University of Rochester Medical



Center (Rochester, New York, USA), it combines research and clinical mentorship into advanced learner modules.

Dr. Rosen-Carole serves as the Program Director of the LILAC Fellowship. (This author currently serves as a mentor for the program and is very excited for all readers to learn more about it!)

[Join ABM to read more.](#)



Mark Your Calendar for the 2026 ABM Annual Meeting

We're looking forward to bringing our community together again for education, connection, and collaboration in breastfeeding and lactation medicine, **October 13-15 in Toronto, Ontario**. Save the date and stay tuned; the Call for Abstracts opens by March 1.



Last Chance to Access Annual Meeting On-Demand Sessions

Time is running out to access on-demand sessions from the ABM 30th Annual International Meeting! 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.

[Catch Up on Sessions](#)



Now Available: ABM's New Breastfeeding and Substance Use Handout

This evidence-based resource is designed to support patient counseling and shared decision-making, with practical guidance on substance use considerations, treatment compatibility with breastfeeding, and infant safety. [Explore the resource and use it in your practice.](#)



Join ABM's Family Medicine SIG for a Virtual Coffee Chat on Breastfeeding Medicine in Family Practice our Latest ABM Grand Rounds Is Live

Looking for a practical, low-pressure space to talk through how breastfeeding medicine fits into everyday clinical care?

ABM's Family Medicine Special Interest Group is hosting a virtual Coffee Chat focused on real-world integrations like workflows, scope of care, billing considerations, and common challenges.

[Join ABM](#) to take part in the discussion and connect with colleagues on Sunday, March 8!



Have You Seen This?

Mother's Own Milk Provision During the First 12 Weeks of Life by Gestational Age

*Review written by **Melody Jackson, MBBS MPH FRACGP DCH DBCT IBCLC***

In this important cohort study, Dr. Melissa Holmes, a LILAC graduate, and her co-authors examine patterns of mothers' own milk (MOM) provision during the critical first 12 weeks of life, stratified by gestational age. Using a large, contemporary U.S. dataset (PRAMS: Pregnancy Risk Assessment Monitoring System), the authors evaluate how rates of MOM feeding differ among extremely preterm, very preterm, late preterm, and term infants, offering valuable insight into early lactation trajectories across neonatal populations. [Join ABM to read more.](#)

Thank you for previewing this month's Inside ABM!

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