



Academy of Breastfeeding Medicine Newsletter

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

Welcome to Inside ABM!

Happy April! Welcome to *Inside ABM*, a newsletter for ABM members, friends, and followers! Come on in!

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](#).

Many of us are experiencing a transitional season—a transition from winter to spring OR summer to autumn. In this issue, we are also going to examine a transition... a shift... in practice and process that is likely to affect ALL of our pumping patients in some way. We will be featuring the early work in a possible paradigm shift in breast pump flange fitting. As usual, we will also be featuring the many opportunities in the Academy of Breastfeeding Medicine for education participation, attendance, and enrichment. Check out our Members' Section.



Spotlight on Breast Pump Flange Fitting

Grab your popcorn, Readers, because we are going to be turning a spotlight on a paradigm shift! This editor so enjoys participating in these shifts—from the early thoughts of surprise and disbelief to the slow build of curiosity to the opening of minds, and finally the resolution to a new process, or a continuation of the old, or something in between!

In this issue, we are going to examine a recent shift in the breast pump flange-fitting process. For the last 1-2 decades, pumpers have had limited choices of flange sizes available to them. The sizes



available, based on the diameter of the flange tunnel, range from 18-24 mm, with limited availability outside that range. Recently, the concept of smaller flange sizing has emerged, first on social media and, more recently, in the literature. To help us navigate the early season of the shift, we have connected with Lisa Anders, PhD RN IBCLC, as the lead investigator on a recently published pilot study on flange fitting. [Join ABM to read more.](#)

Reserve Your Room for the 2026 ABM Annual Meeting

Hotel accommodations are now available for [ABM's 31st Annual International Meeting](#), happening October 13 – 15, 2026, in Toronto, Ontario, Canada. Book your hotel now to secure the discounted group rate before the block fills up!

Program Overview

The program for the 31st Annual International Meeting is currently in development. A detailed agenda will be shared as it becomes available. In the meantime, we are pleased to offer the following general program framework to support advanced planning:

- Tuesday, October 13, 2026: Preconference sessions
- Wednesday–Thursday, October 14–15, 2026: Full days of educational sessions
- Wednesday, October 14, 2026: Optional celebratory networking event (evening)

We look forward to welcoming our global community to Toronto for three days of learning, connection, and collaboration.

[Book Now](#)

Join Us

WEBINAR

Skin-to-Skin Care for Hospitalized Newborns:
Goals, Challenges, Innovations, and Motivations
to “Walk Our Talk”



Brought to you by the Neonatology
Special Interest Group

**Don't Miss “Walk Our Talk,” the Neonatology
SIG's Latest On-Demand Webinar**

Take a closer look at skin-to-skin care (SSC) as Dr. Raylene Phillips explores what supports successful SSC for preterm and term infants and why hospital systems, workflows, and routines can make it harder than it should be. You'll walk away with practical ideas you can put into practice right away. This webinar is an included benefit for ABM members, but non-members may register for a fee.

Register Now



Upcoming ABM 2026 Grand Rounds Webinar Series

We are pleased to offer a robust 2026 Grand Rounds Webinar Series, featuring timely, evidence-based topics addressing both clinical practice and global breastfeeding challenges. The series will include recorded sessions, allowing members to access expert content on demand and the opportunity to earn Continuing Medical Education Credits (CME).

Featured topics include Breastfeeding in Emergencies, beginning with a recorded webinar highlighting lived experiences from Ukraine, followed by an upcoming session with Médecins Sans Frontières (MSF) focused on emergency response in humanitarian settings. The series will also explore Cow's Milk Allergy through two complementary recorded webinars, one science-based and one case-based, designed to translate emerging evidence into clinical practice.

Additional offerings under development include a multi-part focus on Bedsharing, incorporating an ABM protocol webinar with supplemental manuscript discussions, as well as Low Milk Production, with up to two planned webinars addressing assessment and management.

Together, these sessions reflect ABM's continued commitment to advancing breastfeeding medicine through clinically relevant, globally informed education accessible to members worldwide.



Have You Seen This?

Point Counterpoint: A Contrasting Article on Flange Fitting

*Review written by **Sheila Kredit, MD NBLM-C IBCLC FAAP***

When a potential paradigm shift is rising in the literature, there are often dueling studies to navigate. *Inside ABM* is here to add to the complexity! Our newest ABM Member Content Editor, Dr. Sheila Kredit, reviews an article on the comparison of small vs. traditionally larger flange use, which leans toward traditional flange sizing for some pumping parents. [Join ABM to read more.](#)

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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