



ME BREASTFEED?
A peer led prenatal breastfeeding workshop!

BACKGROUND STORY...

- BFB identified a need in the community- many new parents reported wanting a class about breastfeeding that was offered by **experienced breastfeeding moms** who could relate to having normal breastfeeding questions and concerns before their baby was born!





WORKSHOPS ARE:
* 2 HOURS LONG
* FREE
* AT 3 EYC SITES
* PARTNER OR SUPPORT PERSON FRIENDLY

All participants receive the BFB Magazine to take home for future reference

THE CONTENT

- Road Map to Breastfeeding- a learned skill
- Myths
- Why Breastfeeding is Normal?
 - For mom
 - For baby
 - For Partners
 - For Community
- The First 7 Days
- Common Breastfeeding Challenges and Solutions
- Community Resources
- Latching and Hand Expression

DEMO

MOM

“DEMO MOM”

Is an experienced breastfeeding buddy who attends the workshop with her baby to:

- Demonstrate laid back and cross cradle positions.
- Encourage new parents to ask questions and watch baby latch.
- Model cue based feeding by discussing signs her baby is communicating.

WORKSHOP TOOLS

- Formula Wheel
- Stomach size necklace
- Fluid measurements
 - PP presentation
 - Knitted breast
 - Dolls
- Best Start charts
 - Poop Chart
 - Latch Video

EVALUATION

- ◉ Us both pre and post evaluations.
- ◉ Mom and partner/support person fill out.
- ◉ Family is assigned a number.
- ◉ Measure self efficacy, knowledge of community resources, ability to problem solve normal breastfeeding issues, confidence in public breastfeeding etc.
- ◉ Base future content and facilitation style on feedback .
