A peer led prenatal breastfeeding workshop!

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!

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

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

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**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

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**“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.

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**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.