

BirthWell Partners Breastfeeding training: Encouraging and Supporting Breastfeeding in a First Food Desert

Class Date: _____

Time: 8:30-12:30 noon

Date: check website

Where: check website

Cost: \$50

This training will present the Trans-Theoretical Model of Change as a framework for addressing barriers to breastfeeding, maximizing influence to promote breastfeeding and for supporting continued breastfeeding success.

The Trans-Theoretical Model of Change



Participants will learn how to:

- provide information about breastfeeding using effective language
- encourage mothers to shift their decisional balance toward breastfeeding
- teach skills to get breastfeeding off to a good start
- identify support for initiation and for continued success
- identify an effective latch and feeding pattern
- provide anticipatory guidance and support

Birth and postpartum doulas, labor and delivery nurses and pediatric nurses, WIC providers, childbirth educators, LaLeche League Leaders, lactation specialists, ICAN leaders, and anyone who works to support new mothers. (3.8 CEUs, ask about CERPs)



BirthWell Partners Breastfeeding Class registration:

Please indicate date of class: _____

Name: _____

Email : _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____ (w,h,c) _____ (w,h,c)

Payment \$50

Please make checks payable to BirthWell Partners and mail with registration to:

BirthWell Partners
976 Linwood Rd.
Birmingham, AL 35222

Or visit our web site <http://www.birthwellpartners.org/class-registration/> to register.