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Reading and Responding to Your Baby
Lesson Plan

http://www.fsnnetwork.org/overview-reading-and-responding-your-baby-project
http://sph.unc.edu/cphm/carolina-global-breastfeeding-institute/

Core Value: Apply an Equity Lens to All Work

Research
Service
Training

Birth Practices
Birth Spacing
Breastfeeding

CGBI
Mary Rose Tully Training Initiative

http://breastfeeding.sph.unc.edu/what-we-do/education-and-conferences/mrtti/
National Collaborative for Advancing the Ten Steps (NCATS)

http://breastfeeding.sph.unc.edu/what-we-do/programs-and-initiatives/child-care/
EMPower Breastfeeding
Enhancing Maternity Practices

- Abt Associates
- Carolina Global Breastfeeding Institute
- Population Health Improvement Partners
  In Collaboration with Baby Friendly USA

94 Hospitals
24 States

http://www.empowerbreastfeeding.org/
Step 3
Ready, Set, BABY

tinyurl.com/ReadySetBaby

What Have You Heard About Infant Feeding?

Have you ever breastfed or do you know any family members or friends who have breastfed?

What facts do you know about infant feeding?

What facts do you have about infant feeding?

How could you find out more about infant feeding?

Points to cover:
1. Learning the facts will help you make informed parenting choices, so you can do what is best for you and your baby.
2. Refer to pages 4-7 of the patient booklet, “Find Out the Facts!”. Allow time for review and discussion.
3. Do any of these facts surprise you? Let’s talk about the ones that caught your attention.

Teachable moment:
Thank her for sharing what she’s heard about infant feeding. Be sure to validate her experience, do not judge her comments. Let her know the “facts” listed are based on common misbeliefs that many parents have—she is not alone.

Transition to the next topic:
The rest of the session will focus on topics that you will want to be familiar with before you have your baby. We have learned so much in the last 10 years about the value of breastfeeding. Learning the latest science can help you to make your own feeding decisions.
Step 10 - Breastfeeding Family-Friendly Communities Project (Chapel Hill and Carrboro)

https://www.facebook.com/BreastfeedingFriendlyCommunities/
Step 10 - Breastfeeding Friendly Child Care

http://breastfeeding.sph.unc.edu/what-we-do/programs-and-initiatives/child-care/
Breastfeeding and Feminism International Symposium

http://breastfeedingandfeminism.org/

11 Years and Going Strong!
Professional Conferences
Retirement / 10 Year Anniversary Celebration – May 23, 2016
Keep in touch with CGBI http://breastfeeding.sph.unc.edu/