Grow Your Knowledge: Breastfeeding Workshops for Community Health Workers

The Nature of Breastfeeding  July 13, 2020 Noon to 1:30
Learn the lifelong health benefits, how to help Moms overcome difficulties getting started and gain cultural perspectives on the importance of breastfeeding.

Speakers:
Ann Oswood, Nurse Midwife, Lactation Consultant and Foua Choua Khang, CHW

https://mnbreastfeedingcoalition.org/  http://mnchwalliance.org/

Coming Up:
The Real World of Breastfeeding  Date: TBA  Time  Via Zoom
The role of breastfeeding in families and culture, breastfeeding and mental health and during emergencies, the role of the CHW in empowering women to breastfeed.
Speakers:
Linda Kopecky, Executive Director of the Minnesota Breastfeeding Coalition
Shashana Craft, Indigenous Breastfeeding Counselor, Mental Health Home Visitor
Foua Choua Khang, CHW, MBA

Breastfeeding and Getting Back to Work or School  Date: TBA  Time  Via Zoom
What does it take to breastfeed while returing to work or school? How do CHWs empower women to advocate for themselves to continue breastfeeding? Pumping and equipment how tos. Cultural perspectives and resources.
Speakers:
Ann Oswood, Nurse Midwife, Lactation Consultant
LaSherion McDonald, CHW

A Baby Behavior: A Workshop for Community Health Workers  Saturday August 8, 2020, Online; 9 to noon and 2 to 5 p.m.
Dr. Jane Heinig from the University of California, Davis Human Lactation Center

Learn the language of infants and toddlers to be more responsive to their cues. Learn to empower your clients with this knowledge.

Registration Link: https://mbc41.wildapricot.org/Baby-Behavior-Training