

## 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 Oswald, 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 returning 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 Oswald, 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](https://www.humanlactationcenter.org/)

*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>