

You Are Not Alone

Building Your Breastfeeding Team

What To Expect From Our Time Together

- After our time together today, you will:
 - Name the different categories of people who can be on your breastfeeding team:
 1. Champion
 2. Family & Friends
 3. Community Resources: Doctor & Hospital/Clinic Staff, Family Foundations, WIC & More
 - Know the role each of the 3 categories above will have on your team.
 - Know how to prepare your team to support you and baby with breastfeeding.
 - Begin to think about who will be on YOUR team and, if you know, list them.

Who Will Be With You?



Champion



Champion



Dads As Champions



Dads As Champions – Man Maid?

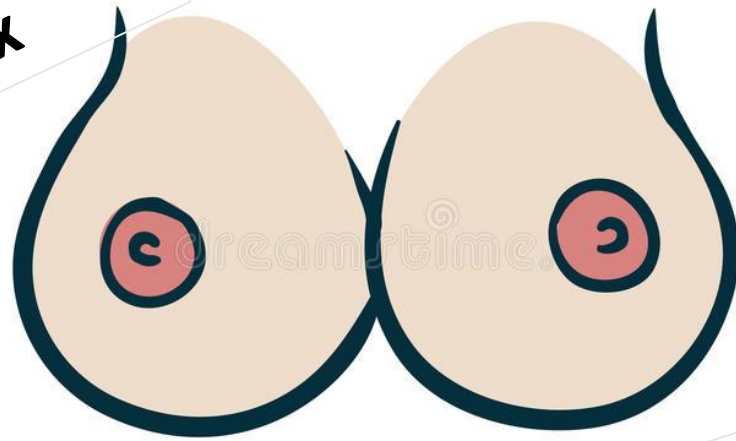


Dads As Champions



Men and Breastfeeding Myths

Interferes with sex



Makes breasts ugly

Not acceptable in public

Grandmothers as Champions



Grandmothers as Champions



Grandmothers as Champions



Mother's Milk
The
Creator's
Gift



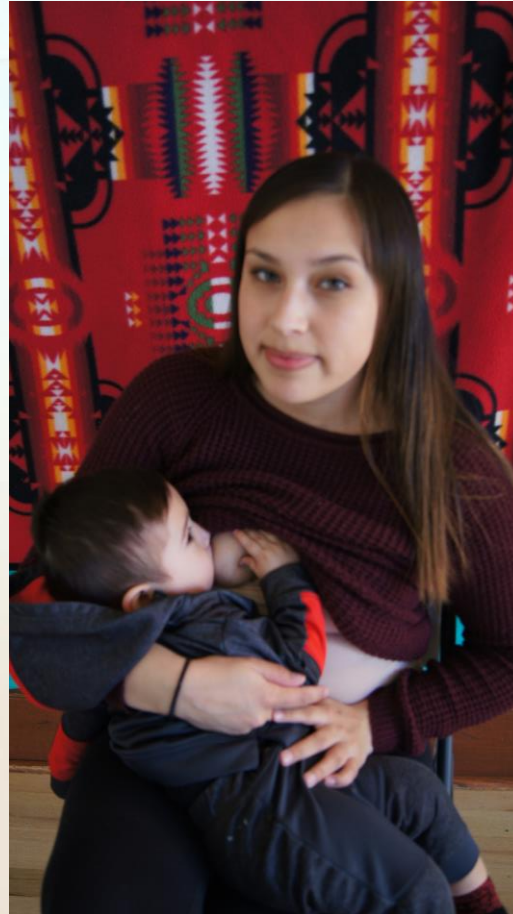
Who's Your Champion?



Building The Rest Of Your Team: Family and Friends



Building The Rest Of Your Team: Community Resources



Who's On Your Team?



Questions?



We're Here To Help

- What's the best way to make breastfeeding a success for you and your baby? Ask for help!
- We are here for you ANYTIME! No matter how big or how small, you can contact us anytime. No question or concern is silly, call us!
- Insert information for local program and personnel here.

Thank you for your time!

- Brought to you by GLITC, Breastfeeding The Traditional Way and WK Kellogg Foundation

