



# Become a **Breastfeeding Resource** in your community

**Are you a breastfeeding champion? Want to help new mothers provide optimal nutrition for their infants?** University of Maryland offers a free training program so you can help new mothers in your community with breastfeeding education as well as prenatal and postpartum support.

## **How to Get Involved**

- Sign up for the program for six months (January - June 2021)
- Complete five (5) hours of online breastfeeding education (January 2021)
- Complete four (4) hours of hands-on training at UMMC or UMBWMC campus (February 2021)
- Connect with patients who want more breastfeeding education and/or need prenatal or postpartum support
- Provide breastfeeding education in the prenatal period
- Provide breastfeeding support during the postpartum period

## **University of Maryland will Provide the Following:**

- Pay for your online training and provide hands-on training
- Connect you with mothers in your community who want breastfeeding support
- Track your progress:
  - Make follow-up phone calls to mothers during their postpartum period
    - Phone calls will be made at one-month, three-months and six-months postpartum
  - Track if the mom is breastfeeding or exclusively breastfeeding, and how many times the mom interacted with you during the prenatal and postpartum period



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