

Healthy Start and Breastfeeding Support: A Multilevel Approach

Presenter: Dara M. Gray, MA, LCSW / dara.gray@achn.net / 312-733-0130

Presentation Objectives

- Participants will learn how to utilize an individual and community level breastfeeding model to increase initiation and duration rates
- Participants will learn how to apply the Best Start technique to identify and address breastfeeding beliefs and barriers
- Participants will understand common reasons for why women stop breastfeeding in order to better understand obstacles to inform future interventions

Highlights

Topic 1

- Partnership with local hospital to provide breastfeeding rounds to both newly delivered Healthy Start participants and other community members to increase community-wide breastfeeding initiation rates

Topic 2

- Use of an electronic database to track outcomes and connect case managers and breastfeeding support counselors to provide follow-up and support in real time

Resources

- HealthConnect One, Illinois Department of Human Services, & University of Illinois at Chicago. (2011). *Illinois breastfeeding blueprint: A plan for change*. Chicago, IL: Author.
- Bryant, C., & Roy, M. (1997). *Best Start's Three-Step Counseling Strategy*. Tampa, FL: Best Start Inc.
- Centers for Disease Control and Prevention. (2013). Strategies to prevent obesity and other chronic diseases: The CDC guide to strategies to support breastfeeding mothers and babies. Retrieved from <http://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.pdf>