

Title V / Maternal and Child Health Impact Story: April 1, 2016 – September 30, 2017

**MCH Grantee (check box):**

- Bismarck-Burleigh Public Health
- Fargo Cass Public Health
- Grand Forks Public Health Department
- North Dakota State University
- South East Education Cooperative

**North Dakota Maternal and Child Health Priority Area (check box):**

- Increase the rate of breastfeeding at 6 months
- Reduce overweight and obesity in children

**In a sentence or two, describe the problem you were trying to solve or the reason why your intervention is needed.**

Research states childcare centers to be instrumental in the success of a breastfeeding dyad. The breastfeeding mom and center need to work as a team to ensure both are prepared for the transition from home to daycare. The center's challenges include: improper handling and storage of breastmilk, employee training in reference to feeding a breastfed baby and an unsupportive environment. The mother's challenges include: unsuccessfully transitioning baby to a bottle and challenges expressing/pumping when returning to work.

**In a brief paragraph, please share what you implemented and how it made a difference.**

We organized and hosted the first-ever, "How Childcare Providers Can Support Breastfeeding Mothers" workshop. Twenty providers attended the training. From the training we gained valuable insight and ideas on how to improve the transition from home to daycare. We created #RTWmama (Return to Work Mama) folders for childcare providers to give to moms one month prior to their first day of daycare and work.

The folders included: educational resources to maintaining breastmilk supply, pumping tips, and bottle introduction. These folders have been extremely popular with childcare providers and Greater Grand Forks Breastfeeding Coalition Partners (including our local hospital). We also adapted the folders for local businesses to give to their pregnant/breastfeeding employees. This opened the door to work with these businesses to create supportive breastfeeding policies for their workplaces.

One of the providers that attended the workshop was the owner of a local daycare center. After the training, she rewrote both her parent and employee handbooks to reference the evidence-based strategies taught during the workshop. She then trained her staff to follow procedures also taught at the training.

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**Are there any specific NUMBERS or OUTCOMES you can share as a result of your work?**

**Twenty childcare providers attended the training. A total of 153 #RTWmama folders have been given out in our community. Nine workplaces have adopted a breastfeeding policy and we are currently working with three more.**

**Were there any “AHA” or “lightbulb” moments you can share?**

**Our goal from the Childcare Workshop was to educate childcare providers on how to help breastfeeding moms. We gained valuable insight from those providers, learning from them as well. From their comments the #RTWmama project was born.**

**Are there any “quotes” from anyone benefitting from this that you can share?**

**“This was an awesome training, please hold more.”**

**“I learned a lot. I am looking forward to working with public health to give information to breastfeeding moms.”**

**“I liked the paced bottle feeding.”**

**Is there anything else you want to share?**

**We have shared our #RTWmama folder materials state-wide. Fargo Cass Public Health and Dickinson (Southwestern District Health Unit) requested the materials to disseminate in their communities.**