

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

Deadlines:

Sept 15 HSMED-II Report (CSV or XML) Due

Events:

Aug 31 BMBFA Birth & Breastfeeding Leadership Institute Kick-off Webinar

Sept 12 Fatherhood Talk Tuesday

Sept 13 2023 Cohort Showcase Event

Sept 16 Part 1: Paternal Prenatal Early Attachment Virtual Training (for HS participants)

Sept 23 Part 2: Paternal Prenatal Early Attachment Virtual Training (for HS participants)

Sept 27 Conversations with the Division

Sept 28 Networking Café: Hybrid Meeting Engagement

BMBFA Birth & Breastfeeding Leadership Institute Kick-Off Webinar

Please join the Healthy Start TA & Support Center (TASC) on **today, August 31 from 2-3 pm ET** for the Birth & Breastfeeding Leadership Institute Kick-off webinar. The TASC is thrilled to partner with the Black Mothers' Breastfeeding Association (BMBFA) to provide select grantees with scholarships to participate in the Birth & Breastfeeding Leadership Institute. This virtual national leadership program aims to propel Black community-level leadership and is rooted in the principles of racial justice and equity. It leverages community wisdom to create tangible improvements in Black birth and breastfeeding outcomes.

Over nine months, scholarship recipients will explore virtual modules, including Advocacy & Policy, Leadership Development, Cross-functional Team Building, and more, enhanced by monthly wisdom circles. Upon completion, participants will earn recognition in a virtual pinning ceremony and receive a Certificate of Advanced Leadership in Diversity, Equity & Inclusion. The TASC is excited to be partnering with BMBFA to empower Black community leaders for driving impactful change in maternal-child health! **Register [here](#) to join the kick-off webinar and learn more about this amazing opportunity.**

Fatherhood Talk Tuesday

September is National Infant Mortality Awareness Month. Join the TASC on **Tuesday, September 12 at 3pm ET** as we discuss insights, findings, and resources that fathers can utilize to better understand and prevent infant mortality. **Register [here](#)!**

2023 Cohort Showcase Event

Over the past year, the TASC hosted four cohorts focused on topics aligned with the Healthy Start benchmarks and approaches: Breastfeeding, Community Engagement, Fatherhood, and the Fourth Trimester. The participants from each cohort identified objectives to guide their work and created artifacts based on their meeting discussions and homework assignments.

On **Wednesday, September 13 from 1-3 pm ET**, the TASC will hold a **2023 Healthy Start Cohort Showcase Event** to celebrate the cohort members and their accomplishments. This event is open to the entire HS community and is an opportunity to hear from the cohort co-leads about the artifacts they created, and their reflections and lessons learned from the cohort. There will also be an opportunity for attendees to network during the event.

To register for the Cohort Showcase Event, [please click here](#). If you have any questions, please email healthystart@nichq.org.

Paternal Prenatal Early Attachment

The TASC is excited to be partnering with Real Dads Forever to provide their Paternal Prenatal Early Attachment two-day virtual training to Healthy Start participants on **Saturday, September 16 and Saturday, September 23 from 8:30 am to 3:30 pm. ET.**

The Paternal Prenatal Early Attachment Curriculum is designed to strengthen and enhance fathers' support of mothers and children during pregnancy and after birth. The curriculum is intentionally infused with strategies to guide fathers in cultivating empathy, emotional understanding, and caring. Participants will gain tools to successfully navigate the perinatal experience and the first 1,000 days of their child's life.

This training is open to Healthy Start dads and other participants. Please complete this [form](#) to register your participants to attend the virtual training!

Conversations with the Division

Please join the Division of Healthy Start and Perinatal Services (DHSPS) for Conversations with the Division on **Wednesday, September 27 from 1-3 pm ET.** During this webinar, DHSPS staff will share key updates and information for Healthy Start grantees. **To register, please [click here](#).**

The Division wants to hear from you! Are there any topics that you hope to be covered at Conversations with the Division? Do you have any specific questions that you hope to have addressed at Conversations with the Division? If you did not respond to these questions through the registration page and have any topics or questions you'd like to mention to the Division, please send them to healthystart@nichq.org by **COB Wednesday, September 13.**

Networking Café: Hybrid Meeting Engagement

In response to technical assistance requests received from Healthy Start grantees, the TASC is hosting a networking café focused on hybrid meeting engagement. Attendees will have a chance to discuss any challenges or successes that they have experienced in engaging participants in hybrid meetings and share any ideas and strategies with one another.

The Networking Café will be held on **Thursday, September 28 from 1-2 p.m. ET.** **To register, [please click here](#).**

In Case You Missed it...

August Fatherhood Talk Tuesday

In honor of National Breastfeeding Month, the TASC partnered with Reaching Our

Brothers Everywhere (ROBE) to discuss all there is to know about fathers' role in supporting breastfeeding. Throughout the session, the speakers provided participants with breastfeeding resources and information that Healthy Start Fatherhood Coordinators can share with their Healthy Start dads to support their partners with breastfeeding.

To view the recording, check back [here](#) next week.



National Breastfeeding Month

In 2011, the [U.S. Breastfeeding Committee](#) (USBC) declared August as [National Breastfeeding Month](#) to shine a light on the benefits of breastfeeding and provide an opportunity for the breastfeeding community to share resources and lift up each other's work. This year's theme, *This is Our Why*, highlights the many reasons why this work is so important and centers the conversation around babies and families. To help organizations celebrate National Breastfeeding Month, the USBC created its [Breastfeeding Inspiration Guide](#). This living document provides an open-source,

unbranded library of social media content that organizations can use on social media to promote, protect and support breastfeeding.

To ensure that all breastfeeding people feel recognized and seen, the UBSC has established weekly observances throughout August to honor different cultures and histories. UBSC kicked off the month with [World Breastfeeding Week](#), which focused on breastfeeding in the workplace and protecting breastfeeding workers' rights. Week 2 was [Indigenous Milk Medicine Week](#), which uplifted the diversity of Native breastfeeding experiences and focused on the intersection between lactation and environmental justice, reproductive justice, and the protection of water. The third week, [Asian American Native Hawaiian and Pacific Islander \(AANHPI\) Breastfeeding Week](#), focused on telling AANHPI stories, elevating community members' voices, and adopting culturally appropriate lactation education messaging. Week 4, [Black Breastfeeding Week](#), celebrated connection and community, with a focus on reconnecting communities of Black breastfeeding people. This year, an additional week of observance was added to celebrate Latina/x breastfeeding people. [Semana de La Lactacia Latina](#) focused on celebrating the Latinx community and raising awareness about barriers to breastfeeding in the community.

Though breastfeeding is a universal practice, culture has a strong influence on different communities' and individuals' breastfeeding experiences. Healthy Start communities are diverse and consist of families from a variety of backgrounds. As such, Healthy Start staff must be aware of the many factors that influence the decision to breastfeed and adapt their lactation support accordingly. In their efforts to [improve breastfeeding outcomes](#), Healthy Start staff can play a role in empowering mothers and birthing people in their own, unique breastfeeding journeys. Below are some resources that can help Healthy Start programs provide thoughtful and intentional support to their Healthy Start participants.

ZipMilk

The [Massachusetts Breastfeeding Coalition, Inc.](#) created [ZipMilk](#), a clearing house website that provides a platform for individuals and businesses serving the breastfeeding community to share information about their services. Visit the site to search your ZIP code to find lactation support in your area.

Fathers' Role in Breastfeeding

As the Healthy Start community knows, dads play a major role throughout the perinatal continuum. The American Academy of Pediatrics recently published findings from a survey on [fathers, breastfeeding, and infant sleep practices](#). The results demonstrate the role of paternal involvement in positive child health outcomes, including breastfeeding rates.

Supporting Nursing Moms at Work

The [Office on Women's Health](#) compiled a [collection of resources that employers](#) can utilize to support staff members who are breastfeeding.

It's Only Natural

The [Office on Women's Health](#) created resources providing information about the health benefits of breastfeeding for African American women and families.

Resources include videos on breastfeeding solutions for different industries, information about laws around breastfeeding in the workplace, and guides for employees returning to work while breastfeeding.

[It's Only Natural](#) shares information that can help parents plan for breastfeeding, addresses breastfeeding myths, provides resources for overcoming challenges associated with breastfeeding, and more.

How Dads Can Support Their Breastfeeding Partner

The [U.S. Department of Agriculture \(USDA\) WIC Breastfeeding Support](#) compiled [resources for dads](#) to help them better support their breastfeeding partners. The resources include information about breastfeeding basics, resources for establishing breastfeeding goals, information about WIC breastfeeding classes, and more.

Healthy Mom&Baby

The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) manages the Healthy Mom&Baby website, which provides expert health and wellness advice for families navigating preconception, pregnancy, birth, and parenting. Their [Breastfeeding Basics](#) page includes several resources to help pregnant and breastfeeding people prepare for and be successful in their breastfeeding journey.

USDA WIC Breastfeeding Support

Under their food and nutrition programming, the [U.S. Department of Agriculture \(USDA\)](#) manages [WIC Breastfeeding Support](#), which provides breastfeeding information to individuals and families. The information is divided up by the various stages of breastfeeding: learn, start, overcome, and thrive.

Dietary Guidelines for Americans

The USDA's 2020-2025 Dietary Guide for Americans includes [a chapter](#) sharing recommendations for infant and toddler feeding, including breastfeeding, and discusses strategies for putting these recommendations into action.



Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to healthystart@nichq.org.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

National Institute for Children's Health Quality (NICHQ), 308 Congress Street, 5th Floor, Boston,
Massachusetts 02210, United States, 617-391-2700

[Unsubscribe](#) [Manage preferences](#)