



## ***Breastfeeding-Friendly San Diego: Supporting Breastfeeding in Child Care***

***Participate in a FREE Breastfeeding Training designed for childcare providers and learn how you can support breastfeeding families.***

Many new mothers return to work or school within the first three months of their child's life. Your support during this transition is extremely important and may be the difference between a mother breastfeeding or not breastfeeding. Supporting breastfeeding families is easy and cost-effective and it can help you stand out among other childcare providers.

In this workshop, co-hosted by TrueCare WIC, at-home or center-based childcare providers will receive training from International Board Certified Lactation Consultants (IBCLCs). Learn about breastfeeding-friendly practices including the benefits of breastfeeding, proper handling and storing of breast milk, feeding the breastfed baby, creating a breastfeeding supportive environment, and supporting breastfeeding families with community resources.

Learn about Breastfeeding-Friendly San Diego (BFSD), a FREE recognition program for childcare providers and how to complete all 5 Building Blocks to self-nominate for designation and recognition. BFSD childcare providers will enjoy promotion of their program to parents through the San Diego County Breastfeeding Coalition's (SDCBC) website and highlighted as a YMCA CRS "Breastfeeding-Friendly Childcare" for families looking for breastfeeding-friendly support for their children.

**Location: Online training through Zoom**

**Date: Tuesday, August 17, 2021**

**Time: Check-in opens at 6:00pm**

**Learning Session 6:30pm- 8:45pm**

**Cost: FREE**

**Info: [mytraining@ymcasd.org](mailto:mytraining@ymcasd.org)**



*Families do not breastfeed alone.  
Cultures breastfeed!*

**To register, please follow the link:**

**<https://8-17-2021breastfeedingtraining.eventbrite.com>**

**To download the Zoom application, visit [zoom.com/download](https://zoom.us/download).**

