Memo

To: WIC Breastfeeding Coordinators

From: WIC Nutrition Unit

Date: November 19, 2014

Subject: Breastfeeding Teaching Aids

Following the Minnesota WIC Conference we ordered and laminated several of the teaching aids shared by Amy Peterson. We also identified a resource on infant hunger cues. Sample materials were mailed July 2, 2014 with the World Breastfeeding Week display materials.

Laminated pages to use as teaching aids, available by request:

- **Pacifiers and the Breastfed Baby.** English on one side / Spanish on the other.
- **Combining Breastfeeding with Bottles and Pumping,** English. One side is titled “Introducing a bottle to your full-term breastfed baby” and the other “Pumping milk for your breastfed baby.”
- **Combining Breastfeeding with Bottles and Pumping,** Spanish.
- **Bottle Pacing for the Breastfed Baby.** English on one side / Spanish on the other. Currently out of stock, but we are re-ordering.
- **Infant Hunger Cues.** English on one side / Spanish on the other.

We encourage you to use these as *visual aids* while working with moms. They are *not intended to be read* to the participant.

- Please keep materials that depict bottles or pacifiers out of site when you are not using them for teaching.
- Please only use when the situation indicates, such as a mom who plans to go back to work and someone will be feeding pumped milk in a bottle.
- We are not advocating bottles or pacifiers for every breastfed baby, but when mom indicates she is using or plans to use a bottle or pacifier, the visual can be helpful.

To request additional laminated copies specify the items you would like. Include *laminated* in the subject line of the email and send to stacia.pomrenke@state.mn.us. To purchase tear off pads (not laminated), see the Noodle Soup catalog or website.

Questions? Comments on the materials and usefulness? Are you interested in having one or more of these materials available as a handout or do you know of an alternate material? Contact mary.b.johnson@state.mn.us.