DATE: January 23, 2019
TO: WIC Coordinators and Breastfeeding Coordinators
FROM: Nutrition & Clinic Services / Breastfeeding, Policy, Training Units
SUBJECT: Guidance on Using Breastfeeding Cards

Breastfeeding cards are available to order, as listed below. The Breastfeeding Workgroup has developed guidance for using the cards. The guidance is included in this Wednesday Update.

For a list of other available nutrition education cards and information on ordering cards, see Wednesday Updates - NE Cards. (This link will change mid-February 2019.)

Breastfeeding card series and card topics.

- **Thinking About Breastfeeding.** Why breastfeeding is important, so is building confidence, and planning.
- **Getting Started with Breastfeeding.** A great start in the hospital, the early days, and resources to learn more.
- **First Months of Breastfeeding.** Topics related to weeks 2-4 and months two & three.
- **Breastfeeding an Older Baby.** Four months and beyond. AAP recommendation for continued breastfeeding, teething, distractions, nursing strikes, types of weaning.
- **Dads are Important.** Acknowledges the important role that dads play in supporting breastfeeding. Reinforces the importance of this role. Tips for dads.
- **Returning to Work or School.** Planning, types of pumps, pumping tips, resources.
- **Combination Feeding.** This card should only be used after an assessment is completed that determines that using some formula is appropriate. The card is designed to provide information for those using formula and to help breastfeeding women understand they can also continue to breastfeed. Adding formula affects milk supply. How to maintain milk supply. Acknowledgement of feelings if breastfeeding stopped earlier than intended.
- **Moms Helping Moms.** (Peer) Information of peer services. Space to add information specific to your peer program.
- **Nutrition and Breastfeeding.** The importance of good nutrition for mom. Tips for a healthy diet.

Questions about breastfeeding series? Contact Mary Johnson at mary.b.johnson@state.mn.us or 651-201-4406

Other questions about cards and ordering cards? Contact Rebecca Gruenes at rebecca.gruenes@state.mn.us or 651-201-3643.

Laminated materials for teaching, magnets, breastfeeding posters, DVDs and a few other materials remain available on the MN WIC Materials Order Form.