

# PREMEETING WORKSHOPS



## NUTS & BOLTS

MINNESOTA BREASTFEEDING COALITION

# HELPING HOSPITALS GO BABY-FRIENDLY

PRACTICAL TOOLS FOR TAKING THE NEXT  
STEP ON THE BABY-FRIENDLY JOURNEY

**SUNDAY OCTOBER 28, 2012 - 2:00 - 6:00 P.M.**

MINNESOTA DEPARTMENT OF HEALTH, SNELLING OFFICE PARK  
1645 ENERGY PARK DRIVE, ST. PAUL, MINNESOTA  
**MISSISSIPPI ROOM**

### Agenda

1:30 – 2:00 p.m. 2:00 – 2:15 p.m. 2:15 – 3:30 p.m.	Registration & Networking Welcome and Introductions Overview of the Baby-Friendly Hospital Initiative Myth-Busting about Baby-Friendly Getting Started Staff Training Pearls Lessons Learned from the Field <ul style="list-style-type: none"><li>• Mayo Austin Medical Center</li><li>• University of Minnesota Amplatz Children's Hospital</li></ul>
3:30 – 4:00 p.m.	Break
4:00 – 6:00 p.m.	Breakout Sessions – Ten Steps - Ten Stations  Small group work stations to do the work you need for your site on the 10 steps. Share ideas, problem solve, create/share a policy, share education materials, etc.  The Ten Steps – Ten stations: <ol style="list-style-type: none"><li>1. Breastfeeding policies</li><li>2. Staff training</li><li>3. Prenatal education</li><li>4. The first hour (skin-to-skin and breastfeeding)</li><li>5. Teaching breastfeeding, hand expression and pumping</li><li>6. Exclusive breastfeeding and paying for formula</li><li>7. Keeping mother and baby together – rooming in</li><li>8. Breastfeeding on Demand - feeding cues, soothing babies</li><li>9. No pacifiers or bottles (alternative feeding methods)</li><li>10. Fostering community support</li></ol>
6:30 p.m.	Optional dinner out – to be determined

For questions, contact Dr. Pam Heggie at [pheggie1@fairview.org](mailto:pheggie1@fairview.org), or 612-672-2350.