



Minnesota Breastfeeding Coalition 11th Annual Meeting and Workshop, November 8-9, 2018

The Minnesota Breastfeeding Coalition held the 11th annual meeting and workshop November 8-9, 2018. Part of the workshop day was spent learning and practicing how to “Identify Breastfeeding Friendly Workplaces Using Appreciative Inquiry.” Linda Kopecky, MPH, Minnesota Breastfeeding Coalition & Pa Shasky, St. Paul – Ramsey County Public Health were the presenters. Attendees gathered in groups according to their local coalition locations and shared ideas on how to use this information in their local home group. Some highlights to consider were: “What is already working?” “Listen instead of coming with an established agenda.” “Identify a common goal.” “Ask those at the table to share their stories.” “Instead of starting with a breastfeeding message, consider saying ‘we’re’ lifting up mothers and babies, would you like to join us?”

Consider using the Appreciative Inquiry model to aid your coalition in identifying workplaces:

<https://mnbfc.files.wordpress.com/2018/11/identifying-breastfeeding-friendly-workplaces-using-appreciative-inquiry.pdf>

To access other presentation from the Annual Meeting and Workshop go to the MBC Website, Events main menu, 2018 Annual Meeting and Workshop tab:

<https://mnbreastfeedingcoalition.org/annualmeetings/>

You will find valuable resources to help your local coalition at the Minnesota Breastfeeding Coalition website. The “Breastfeeding Friendly Workplace Toolkit” is available under the Toolkits main menu. This toolkit is intended to assist local breastfeeding coalitions in working in their local area toward meeting Objective 1 in Minnesota Breastfeeding Coalition’s strategic plan:

<https://mnbreastfeedingcoalition.org/breastfeeding-friendly-workplace-toolkit/>

Please join us next year for the Minnesota Breastfeeding Coalition Annual Meeting and Workshop!