



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

**ROY COOPER** • Governor  
**MANDY COHEN, MD, MPH** • Secretary  
**MARK T. BENTON** • Assistant Secretary for Public Health  
Division of Public Health

August 3, 2020

Dear Trainees:

Thank you so much for your interest in virtual Breastfeeding Peer Counselor Core Training!

The curriculum used for this training is Loving Support © Through Peer Counseling: A Journey Together. The training is provided by a Regional Breastfeeding Coordinator who is an International Board Certified Lactation Consultant. Due to COVID-19, the training is provided via a virtual platform, which necessitates the Nutrition Services Branch providing information for your participation.

When completing the registration form, please provide your current mailing address. Once your registration is received by the applicable Regional Breastfeeding Coordinator they will notify you via email of the training platform with a link, agenda, and other details to get started when it is closer to the training date. You will be mailed a copy of the Loving Support © handbook pages, tabs, and handouts, a copy of *Breastfeeding: A Parent's Guide-9th edition* by Amy Spangler, and *Ready, Set, BABY A guide to welcoming your new family member*.

Prior to training, it is vital that you complete your prerequisites. Trainees must read *Breastfeeding: A Parent's Guide-9th edition* by Amy Spangler and take the time to organize their Loving Support © handbook pages, tabs, and handouts by placing them in a three-ring binder, organized by module. Please read through the handouts before training begins so you will be fully ready to take off.

Trainees are required to have the following materials for training:

- A computer that has a camera and is hooked up to high speed internet.
  - NOTE: A phone screen is too small for this training.
- A 1-inch or larger three-ring binder.
- A quiet space for learning and participating where you can place your binder and handouts as well as your computer.
- A headset/microphone is optional and would be very helpful.
- A demonstration breast (or inflated balloon).
- A balloon (not inflated).

When preparing for the training, develop a plan to limit any distractions (i.e. kids or pets) and determine how you will set up your work area. It is recommended to place your computer in such

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a way that the trainer can see you – not with a window at your back. The expectation is to be able to see you for most of the training and for you to be present and fully engaged. You will be doing a lot of talking throughout the sessions. We understand that many families are navigating a new model of work/life balance, so it is okay if there are minimal distractions to attend to.

We look forward to seeing you in the training!

Sincerely,

*Alina Rivera*

Alina Mantha Rivera  
State Breastfeeding Peer Counselor Program Coordinator  
Nutrition Services Branch