



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

March 15, 2021

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 including the modules, 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*.

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 handbook 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. The expectation is to be able to see you throughout the training and to be present and fully engaged. You will be doing a lot of talking throughout the sessions.

We look forward to seeing you in the training!

Sincerely,

Alina Rivera

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State Breastfeeding Peer Counselor Program Coordinator
Nutrition Services Branch

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES • DIVISION OF PUBLIC HEALTH • NUTRITION SERVICES BRANCH

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