

TOOLS TO SUPPORT PREGNANT AND PARENTING YOUNG PEOPLE IN BREASTFEEDING

This resource list was developed as a follow-up from the training event, *SUCSESSES IN ADOLESCENT HEALTH: Tools and Techniques to Support Pregnant and Parenting Young People in Breastfeeding*, held August 2016 at the Ann & Robert H. Lurie Children's Hospital of Chicago. The training was a collaborative event hosted by the following partner organizations; relevant resources from each organization are detailed below.

1. ANN & ROBERT H. LURIE CHILDREN'S HOSPITAL OF CHICAGO

- **Ten Steps to Promote and Protect Successful Breastfeeding in Vulnerable Patients**, includes specific actionable items to promote breastfeeding: <https://www.luriechildrens.org/en-us/care-services/specialties-services/heart-center/programs/single-ventricle-center-excellence/Documents/breastfeeding-tools.pdf>
- **Sarah & Peer Pedersen Family Learning Center (PFLC)**, a resource space where all patients and families can access educational resources, learn more about our services and read through consumer health materials; PFLC offers classes and support for breastfeeding: <https://www.luriechildrens.org/en-us/care-services/family-services/spaces/Pages/family-learning-center.aspx>
- ***CONSORTIUM TO LOWER OBESITY IN CHICAGO CHILDREN (CLOCC)**, a program of Lurie Children's Hospital
 - **Training Event Website**, includes presentation recordings and slides and an array of other materials based on information presented and discussions held throughout the event: <http://www.clocc.net/adolescentbreastfeeding>
 - **Breastfeeding Support**, includes a breastfeeding toolkit to help health care providers provide optimal support to breastfeeding mothers: <http://www.clocc.net/our-focus-areas/early-childhood/breastfeeding-support/>
 - **Resource Library**, includes an extensive library of materials that can be searched by topic area or groups of-interest: <http://www.clocc.net/resources/resource-library/>
- **STRENGTHENING CHICAGO'S YOUTH (SCY)**, a program of Lurie Children's Hospital
SCY's mission is to build capacity among stakeholders to connect, collaborate and mobilize around a public health approach to violence prevention; this includes the

promotion of breastfeeding. Research has found that breastfeeding plays a role in overcoming adversity, lessens a mother's anger and irritability, and can contribute to stopping intergenerational cycles of violence: <http://www.scy-chicago.org/>

2. EVERTHRIVE ILLINOIS

- **Child and Adolescent Health Initiative**, focuses on providing the state's youth with access to high-quality health care, comprehensive health education, and civic engagement opportunities. This initiative sponsors the Illinois School-Based Health Alliance, which brings together a broad-based coalition of organizations and individuals to advocate for and support school health centers as school and community assets: <http://www.everthriveil.org/initiatives/child-adolescent-health>
- **Maternal and Infant Mortality Initiative**, focuses on improving maternal and infant health outcomes, it includes the following resources:
 - *Healthy Choices, Healthy Futures Perinatal Education Toolkit* provides information and resources for providers of women during Preconception, Prenatal, Postpartum, and Interconception Care: <http://healthychoiceshealthyfutures.org/>
 - **The Campaign to Save Our Mothers and Babies (CSOMB)** is a grassroots network that addresses racial disparities in infant and maternal health outcomes throughout Illinois: <http://everthriveil.org/resources/campaign-save-our-mothers-babies>

3. *HEALTHCONNECT ONE

- **Breastfeeding Advocate Training** is designed to provide guidance to those that work with young mothers to provide knowledge about the basics of breastfeeding. You will also identify strategies for supporting young mothers' breastfeeding decisions. Please contact Sadie Wych if interested to learn more: swych@healthconnectone.org
- **Breastfeeding Support**, includes information about training breastfeeding peer counselors and community-based doula and establishing breastfeeding support programs in a variety of settings: http://www.healthconnectone.org/our-work/program_development/breastfeeding-support/

4. *HEARTLAND HUMAN CARE SERVICES, INC. | HEARTLAND ALLIANCE

- The **Opciones Saludables/Healthy Options** ("Opciones") program aims to support youth parents and provide them the tools to grow in the following areas
 - Child Development Self-Care
 - Nutrition, Fitness, Breastfeeding Substance Use Prevention
 - Healthy/Unhealthy Relationships Mental Health/Suicide Awareness
 - Sexual Health Financial Literacy

View this [program flyer](#) for more information about the program and contact information to make referrals.

5. ***ILLINOIS CAUCUS FOR ADOLESCENT HEALTH**

- **Birth Justice Toolkit**, created in partnership by young people and adults. The Toolkit is a guide for pregnant youth for every step of the birth process, including legal and health resources, planning for baby, and support post-birth! Access the Toolkit here: https://issuu.com/icah/docs/birth_justice_toolkit_issu
- **Title IX**, includes information about Title IX rights and the US Department of Education’s Office for Civil Rights (OCR) recommendations for school districts to better support pregnant and parenting students under Title IX.: <https://www.icah.org/title-ix>
- **Free Resources**, for use in support of the sexual health, rights, and identities of youth: <http://icah.org/resources/>

6. ***ILLINOIS CHAPTER OF THE AMERICAN ACADEMY OF PEDIATRICS**

- **Breastfeeding Resources**, includes the “Illinois Physicians’ Statement On Breastfeeding”, tools for clinicians, public health and health systems breastfeeding projects: <http://illinoisAAP.org/projects/obesityprevention/breastfeeding/>
- **Tools to Empower Adolescent Moms**, or TEAM, is a new Child Development initiative that aims to increase effective service delivery for adolescent moms and their children by increasing the coordination of care and providing trauma-informed, people-safe places for service delivery: <http://illinoisAAP.org/projects/childdevelopment/team/>

7. **U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, HEALTH RESOURCES AND SERVICES ADMINISTRATION, OFFICE OF REGIONAL OPERATIONS – REGION V**

- **Child Health USA 2014**, a collection of current and historical data showing emerging issues and trends, including breastfeeding: <https://mchb.hrsa.gov/chusa14/health-status-behaviors/infants/breastfeeding.html>
- **Women’s Preventive Services Guidelines**, which are intended to improve women’s health across the lifespan by identifying preventive services and screenings to be used in clinical practice; these guidelines include Breastfeeding Services and Supplies: <https://www.hrsa.gov/womensguidelines2016/index.html>
- **Perinatal and Infant Health Goals** of the HRSA Maternal and Child Health Bureau includes “increasing the number of infants who are breastfed and those who are exclusively breastfed through six months”: <https://mchb.hrsa.gov/maternal-child-health-topics/perinatalinfant-health>

8. **U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, OFFICE OF THE ASSISTANT SECRETARY FOR HEALTH – REGION 5**

- **Region V Adolescent Health Network** is a forum to information-share about challenges faced and successful policies, programs, and practices in adolescent services. Sign up to receive updates from the Regional Network or learn more by contacting Lesley.Craig@hhs.gov.
- **Office on Women’s Health (OWH)** website includes many resources on a variety of breastfeeding topics, including making the decision to breastfeed, learning to breastfeed, breastfeeding challenges, pumping and storing breast milk, breastfeeding at home, at work, and in public, and others:
<https://www.womenshealth.gov/breastfeeding/>
- **Office of Minority Health Resource Center** has a Knowledge Center that contains a collection of 50,000 documents, books, journal articles, and media related to the health status of racial and ethnic minority populations, including many resources related to breastfeeding; the library includes sources of consumer health material in more than 35 languages:
<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=15>
- **Office of Adolescent Health** hosted a webinar “Beyond Programs and Services: Existing Laws, Legislation, and Policies That Support Expectant and Parenting Teens, Women, Fathers, and Their Families,” and the slides are available here:
www.hhs.gov/ash/oah/sites/default/files/beyond-programs-services-webinar.pdf

Find these Tools along with other materials and resources from the *Tools and Techniques to Support Pregnant and Parenting Young People in Breastfeeding* training on the CLOCC website: <http://www.clocc.net/adolescentbreastfeeding>