

Appendix B: Summary of Services

Participants enjoy monthly access to a variety of specialized breastfeeding support options, offered in both English and Spanish. No matter mom’s schedule, we have a way for her to participate. All classes are one hour unless noted otherwise.

Title of Service	Name in TWIST	Description of services
Baby prep Casi llega el Bebe	BABY PREP #1-5 CASI LLEGA EL BEBE #1-5	A series* of prenatal breastfeeding classes, starting at four months gestation or later. Offered multiple times per month. Participants will go through each class checking off key competencies in prenatal breastfeeding education.
Breastfeeding Circle Circulo de Mamas que Dan Pecho	BREASTFEEDING CIRCLE CIRCULO DE MAMAS QUE DAN PECHO	Postpartum support group for breastfeeding participants. Offered multiple times per month.
Breastfeeding and Return to Work Trabajando y Dando Pecho	BRSTFDNG AND RETURN TO WORK TRABAJANDO Y DANDO PECHO	A class about how to manage breastfeeding and returning to work. Offered once per month for postpartum participants.
Tips for Partners: Breastfeeding (Also known as Baby Prep class 2) Ideas p/parejas de Mamas	BRSTFDNG SUPPORT TIPS FOR PARTNERS IDEAS P/PAREJAS DE MAMAS	Breastfeeding support tips for partners. This class is designed for partners/ support people. Moms-to-be welcome. (To sign up participants for this class, enroll them in Baby Prep 2)
Text support	Not applicable.	Direct access to a breastfeeding peer counselor. Text support available days, evenings and weekends. Follow-up contacts are made as needed by BF Services staff.
<i>Lactation appointment</i>	<i>F1 booked under lead peer counselor’s name (scheduled by BF Services staff only)</i>	Individual office visit with peer counselor/IBCLC

*See Appendix C for key points for individual classes.

Appendix C: Baby Prep Class Key Points

Title of Class	Key Points
Baby Prep #1 Casi Llego el Bebe #1	<ul style="list-style-type: none"> • Receive free mother's journal • Start your Breastfeeding Card • Learn what formula lacks and what makes breastmilk so special • How long should you breastfeed? Explore what could get in the way of your goals.
Baby Prep #2 Casi Llego el Bebe #2 <i>Also known as Tips for Partners</i>	<ul style="list-style-type: none"> • This class is designed just for partners. • Is everything you know about breastfeeding true? Explore truths & myths in this class. • Your friends, family and community can help you reach your breastfeeding goals; this class will show them how. • Watch a video made specifically for dads and support people
Baby Prep #3 Casi Llego el Bebe #3	<ul style="list-style-type: none"> • Explore feelings around childbirth. Learn what a doula is and how this person can help you have less pain during labor. • Know how to access community resources to support the birth you want. For example, affordable/free doula services, childbirth education classes and lactation clinics • Explore the importance of skin to skin contact
Baby Prep #4 Casi Llego el Bebe #4	<ul style="list-style-type: none"> • Learn practical tips for successful breastfeeding such as latch & positioning, how to know you're making enough milk and when to call for help • Assemble a postpartum timeline of important milestones and events. Know what to expect! • Learn the important skill of hand expression
Baby Prep #5 Casi Llego el Bebe #5	<ul style="list-style-type: none"> • Browse our "tour boards" and review content from all previous sessions • Understand your baby's language by learning how to read behavior cues • Receive your *baby blanket when you turn in a completed Breastfeeding Card <p><i>*While supplies are available</i></p>