

# Highlights: Healthy Start TA & Support Center Breastfeeding Resources

## Recordings & Handouts: Breastfeeding & COVID-19 Webinar Series

To support Healthy Start grantees in providing virtual breastfeeding support and meeting the breastfeeding benchmarks in the midst of the COVID-19 pandemic, the Healthy Start TA & Support Center (TASC) hosted a four-part Breastfeeding & COVID-19 webinar series. The series ran from October through December 2020 and featured Cathy Carothers, IBCLC, FILCA from Every Mother, Inc. To view the slides, recordings, and summary handouts from each webinar in the series, please [click here](#).

## Recordings: Beyond COVID-19: Breastfeeding Webinar Series

Building off of the Breastfeeding & COVID-19 series, the TASC hosted a three-part Beyond COVID-19: Breastfeeding webinar series from November 2021 through January 2022. The goal of the series was to enhance and strengthen Healthy Start grantees' capacity to meet their client's breastfeeding needs as we continue to navigate the changing landscape of the COVID-19 pandemic. The series featured Cathy Carothers, IBCLC, FILCA, from Every Mother, Inc. To view the slides and recordings from each webinar in the series, please [click here](#).

## Recording: Legacy of Slavery and Impact of Racism on Breastfeeding Webinar

In June 2020, the TASC hosted the Legacy of Slavery and Impact of Racism on Breastfeeding webinar. The webinar featured Kimarie Bugg, DNP, MPH, FAAN, IBCLC and Wesley Bugg, JD of Reaching Our Sisters Everywhere (ROSE). The goal of the webinar was to strengthen and enhance Healthy Start grantees' understanding of the impacts of enslavement on breastfeeding among African American communities throughout history and today. To view the slides and recording, please [click here](#).

## Recordings: 2020 Healthy Start Breastfeeding Cohort

In 2020, the TASC hosted its first cohort, a Breastfeeding Cohort. During each cohort meeting, subject matter experts presented on specific topics related to breastfeeding in an effort to strengthen grantees' capacity to support breastfeeding among participants. The TASC has made the recordings of this cohort available for all grantees. Topics included Motivational Interviewing, Father Engagement, Breastfeeding and Substance Use, and Myths and Misconceptions around Breastfeeding. To view the slides and recordings, please [click here](#).



A woman with dark dreadlocks is smiling and looking down at a baby she is holding. A young girl with her hair in a bun is sitting next to her, also smiling. They are outdoors, with green foliage in the background.

# Additional Breastfeeding Resources

In addition to the webinars and artifacts highlighted on page 1, the Healthy Start TA & Support Center has hosted other breastfeeding webinars and several breastfeeding-related technical assistance and support offerings for Healthy Start staff. Examples include the Breastfeeding Cohort, Certified Lactation Counselor (CLC) training scholarships, Networking Cafés, and other activities.

For information about these offerings, visit [www.healthystartepic.org](http://www.healthystartepic.org) and explore the:

- [Application-based Groups](#)
- [Trainings & Certifications](#)
- [Training Calendar](#)
- [Webinar Catalogue](#)

