

Session 7 Homework

1. Review handouts
2. Learn your community's Breastfeeding Baseline statistics.
3. Work on the 10 Steps to a Breastfeeding-Friendly Community Self-Assessment
4. Continue creating your community resource list.
5. Complete the evaluation for this session.
6. *Make a suggested donation of \$5 per session (optional, but appreciated!)*

Additional handouts & resources follow.

The resource page for this session, including the edited replay when it becomes available, can be found at: https://safeinfantfeeding.org/trainings/nourishing_resilience_virtual/iycfe-nr7/

1. Review Handouts

See the list of handouts after the assignments for links to individual handouts. Handouts are new for this session unless noted. Links to relevant previous handouts are included for your convenience.

- **Breastfeeding Family Friendly Communities Resources**
- **CDC Breastfeeding report card**
- **WIC Breastfeeding Data & WIC Breastfeeding Data Local Agency Dashboard**
- **Ready, Set, Baby** - Downloadable resources & Online Classes
- **Medicaid Coverage of Breastfeeding Support & Supplies** - Report
- **Breastfeeding Celebration Weeks 2025 Image**

**Indicates previously distributed handouts.*

2. Learn your community's breastfeeding baseline statistics



Knowing where things stand is essential for planning and seeing progress as you move forward. Use this worksheet to gather that data.

<https://safeinfantfeeding.org/app/uploads/2026/03/Breastfeeding-Baseline-for-IYCF-E-and-10-Steps.pdf>

3. 10 Steps to a Breastfeeding-Friendly Community Self-Assessment



Use these questions to evaluate your community's status on the 10 Steps to a Breastfeeding Family-Friendly Community.

safeinfantfeeding.org/app/uploads/2026/03/10-Steps-BFFC-Self-Assessment-Tool-3-2026.pdf

4. Continue (or Start) your Resource List



Most organizations serving low-resource people will still operate after an emergency. Start compiling a list of these organizations that would be great referral partners during an emergency. While you are searching, look for the emergency services and disaster planning organizations and contacts that serve your area. [See more details here:](#)

safeinfantfeeding.org/app/uploads/2025/12/Resource-List-Guide-for-IYCF-E-Connections.pdf

5. Complete the session evaluation



To track your attendance and help us improve, please complete the short evaluation as soon as possible. This will allow us to verify your attendance for the certificate of completion at the end of the series.

<https://forms.gle/VeeMBUYdXYzVJsXA>

Handouts, Links & Resources






Handout List

- **Breastfeeding Family Friendly Communities - 10 Steps Overview**
- **Breastfeeding Baseline for IYCF-E & 10 Steps**
- **10 Steps to a Breastfeeding-Friendly Community Self-Assessment**
- **Resource List Guide for IYCF-E Connections***

Other Resources

- **Breastfeeding Family Friendly Communities Resources**
- **CDC Breastfeeding report card**
- **WIC Breastfeeding Data & WIC Breastfeeding Data Local Agency Dashboard**
- **Ready, Set, Baby** - Downloadable resources & Online Classes
- **Medicaid Coverage of Breastfeeding Support & Supplies** - Report
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**Indicates previously distributed handouts.*

| | |
|---|---|
|  | <p>Breastfeeding Family Friendly Communities - 10 Steps Overview</p>  <p>What a breastfeeding family-friendly community is, and an overview of the 10 Steps.</p> <p>https://safeinfantfeeding.org/app/uploads/2026/03/10-Steps-Breastfeeding-Friendly-Overview-BFFC.pdf</p> |
|  | <p>Breastfeeding Baseline for IYCF-E & 10 Steps</p> <p>A worksheet for compiling baseline infant feeding statistics in your area.</p> <p>https://safeinfantfeeding.org/app/uploads/2026/03/Breastfeeding-Baseline-for-IYCF-E-and-10-Steps.pdf</p> |
|  | <p>10 Steps to a Breastfeeding-Friendly Community Self-Assessment</p> <p>Questions to use to evaluate your community's progress on the 10 Steps to a Breastfeeding Family-Friendly Community.</p> <p>https://safeinfantfeeding.org/app/uploads/2026/03/10-Steps-BFFC-Self-Assessment-Tool-3-2026.pdf</p> |
|  | <p>Resource List Guide for IYCF-E Connections</p> <p>Suggestions on how to start your community resource list.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/Resource-List-Guide-for-IYCF-E-Connections.pdf</p> |

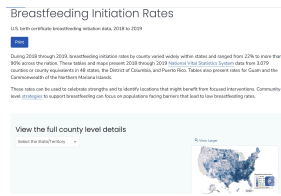


[Breastfeeding Family Friendly Communities Resources](https://breastfeedingcommunities.org/)

Tips, guidelines, handouts, technical assistance, and more for supporting implementation of the 10 Steps to a Breastfeeding Family Friendly Community.

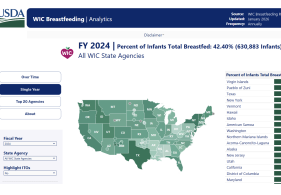
Contact@BreastfeedingCommunities.org

<https://breastfeedingcommunities.org/>



CDC Breastfeeding report Card

<https://www.cdc.gov/breastfeeding-data/county-initiation/index.html>

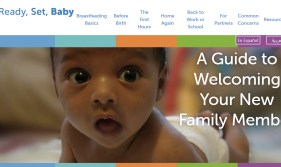


WIC Breastfeeding Data

<https://www.fns.usda.gov/wic/breastfeeding-data>

WIC Breastfeeding Data Local Agency Dashboard

<https://www.fns.usda.gov/data-research/data-visualization/wic/breastfeeding>



[Ready, Set, Baby](https://sph.unc.edu/cgbi/ready-set-baby-live-online-classes/)

Downloadable resources:

[Ready, Set, BABY - UNC Gillings School of Global Public Health](https://sph.unc.edu/cgbi/ready-set-baby-live-online-classes/)

Live online classes:

<https://sph.unc.edu/cgbi/ready-set-baby-live-online-classes/>



Medicaid Coverage of Breastfeeding Support & Supplies

Independent landscape analysis report by Health Management Associates (HMA) examining Medicaid coverage of breastfeeding services and supplies in six states: Arkansas, Colorado, Kansas, North Carolina, Oregon, and Vermont.

<https://www.healthmanagement.com/insights/briefs-reports/medicaid-coverage-of-breastfeeding-support-and-supplies/>



Breastfeeding Celebration Weeks Image

Image showing 2025 themes for diverse groups

https://safeinfantfeeding.org/app/uploads/2026/03/Breastfeeding_Celebration_Weeks_2025.png



Support the SAFE Team

Our Services Include:

- Public training programs like this one.
- Advice/guidance regarding IYCF-E in preparedness & emergency response.
- S3C Virtual Support Sessions for IYCF-E advocates.
- Custom training programs for organizations (*fee*)
- On-the-ground disaster response &/or training when invited & available.

**Please donate to support this work.
Select SAFE Team.**



SafeInfantFeeding.org

Suggested donation -\$5 per session