INDIGENOUS MILK MEDICINE COLLECTIVE

Indigenous Milk Medicine Week

AUGUST 8-14, 2022

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Strengthening our Traditions: From Birth and Beyond

August 8, 2022, 3:30-5 PM:
In honor of Indigenous Milk Medicine Week, the UCSF Lactation Task Force, with sponsorship from the UCSF National Center of Excellence in Women's Health, presents Haydee Herrera Sosa, and Tina Benitez in a 1-hour pre-recorded session Cultural Dimensions of Lactation: Latinx and Chicana Breastfeeding. It will be followed by a live 30-minute discussion/Q&A session from 4:30-5 PM with Tina Benitez.

This presentation gives much needed information on respect for Latinx cultures and beginning cultural competence and humility. Topics discussed include cultural values, customs, modesty, la cuarentena, foods, co-sleeping, beliefs regarding hot and cold during the postpartum time, Las Dos, and bottles/pacifiers.

Presenter:
Tina Benitez , IBCLC, RLC, has supported new parents and babies breast/chestfeed for the past 30+ years. As a breastfeeding mother herself, she started working as a Breastfeeding Peer Counselor in one of the first WIC Breastfeeding Peer Counseling programs. She later became an International Board Certified Lactation Consultant (IBCLC) and has worked in public health, clinics and hospitals. Currently, she works for the Native American Health Center WIC Program, serving as the Lactation Program Coordinator. She enjoys her work working directly with new parents on their lactation journey and training and mentoring Peer Counselors to help parents in their communities. Tina co-chairs the Alameda County Latina/Chicana Lactation Taskforce.

To attend the meeting:
Topic: Breastfeeding Webinar 2
Time: August 8, 2022 3:30 PM Pacific Time (US and Canada)
Meeting ID: 912 9810 4968
Password: 442346
Phone or Conference room password: 442346

One Click Join from a PC, Mac, Linux, iOS or Android device:
https://ucsf.zoom.us/j/91298104968?pwd=SGc1cnJoZ1ZKUEhESlhuMEtvQmJydz09

CELEBRATING 50 YEARS
NATIVE AMERICAN HEALTH CENTER

DID YOU KNOW?
Latin America includes 21 countries that speak Spanish and Portuguese, and that there are 1700 indigenous languages?

ALAMEDA COUNTY Breastfeeding Coalition

UCSF National Center of Excellence in Women's Health