

Culturally Diverse Community Breastfeeding Educators (CBEs)

If you are a culturally diverse mother who is passionate about supporting breastfeeding mothers, we encourage you to apply to attend a 14 hour Community Breastfeeding Educator course at MilkWorks. You will be paid to attend the course and, upon completion, will become part of an incredible group of women making a difference in our community. For more information, please contact ann@milkworks.org

Additional Information:

In collaboration with Partnership for a Healthy Lincoln, MilkWorks sponsors a culturally diverse Community Breastfeeding Educator (CBE) course. Upon completing the 14 hour course, CBEs are invited to attend a continuing education meeting every other month. CBEs are paid for attending the course and the meetings.

Public health and medical experts recommend that mothers breastfeed exclusively for the first six months, with breastfeeding to continue for at least twelve months. Many mothers who come to Lincoln from countries with high breastfeeding rates often abandon breastfeeding once in the United States. In addition, low-income mothers, who are more likely to be culturally diverse, have some of the lowest breastfeeding rates for women born in the United States.

Infants who are breastfed have lower rates of acute infections, chronic illnesses (including asthma, eczema, type I and type II diabetes, and obesity), and SIDS. Mothers who breastfeed have lower rates of breast cancer and type II diabetes, miss work less frequently, have lower rates of postpartum depression, and are more self-sufficient.

CBEs attend a course designed to explore the unique cultural attitudes and beliefs that mothers bring to their breastfeeding experiences and the barriers that mothers face. Each CBE then provides breastfeeding information and support to other moms in a manner that fits her community.

MilkWorks serves as an on-going resource for the CBEs for breastfeeding information and helps provide clinical support and breast pumps for moms in their communities. CBEs are encouraged to refer mothers to multiple resources in our community, including a mother or baby's physician, food supplement programs, and early childhood care and parenting programs.

How do you apply to attend a CBE course? We ask that you:

1. Have personal experience as a breastfeeding mother and a strong desire to share breastfeeding information with other mothers,
2. Identify with a minority, or non-English speaking population,
3. Be bi-lingual if English is not your first language; the course will be taught in English, and
4. Have access to a computer for emails or a cell phone for texts.

The NEXT CBE course will be held on Wednesday evenings (February 27, March 6, March 13, and March 20) from 5:30 – 9:00pm at MilkWorks (5930 South 58th, Suite W). **For additional information**, or to apply, please contact Ann Seacrest at ann@milkworks.org or call 402 430 5955.

