Preventing childhood obesity and promoting lifelong health begins with breastfeeding. Breastfeeding for at least six months decreases a baby’s odds of becoming overweight by more than 30 percent. Hospital policies, procedures and staff can influence mothers and babies as they begin to breastfeed, and can affect long term and exclusive breastfeeding.

**About the Birth and Beyond Breastfeeding Training**

Vermont updated the *Birth and Beyond California (BBC)* curriculum, provided staff training for hospitals participating in a statewide quality improvement initiative, and is supporting birthing hospitals to deliver future trainings to their staff.

BBC’s training provided an opportunity to teach best practices to support early maternal-infant bonding through skin-to-skin contact for all mothers and babies, and delivered new knowledge and skills to promote, protect and support a mother’s decision to breastfeed. The 16 hour BBC training curriculum, originally developed in collaboration with The Regional Perinatal Programs of California and Breastfeeding Taskforce of Greater Los Angeles, was re-envisioned with permission.

Vermont’s *Birth and Beyond: 10 Steps to Empower Mothers and Nurture Babies* builds on the BBC training with a focus on “The Ten Steps to Successful Breastfeeding,” and adds new content to fulfill training objectives for the “Baby-Friendly Hospital Initiative”. The materials were used by the training team in five two-day sessions across Vermont, reaching staff from 10 of 12 birthing hospitals. Training resources can be used to train new or existing staff, in groups or as self-study modules.

**Project Faculty and Workshop Training Team**

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