“Breast Is Best”

LRC is all about reflecting, respecting, and connecting through conversations. It’s New Beginnings hope that through these conversations we can grow as a community of doulas and bring that growth to our local communities as well.

*Introductions*

Ask each party to take a minute to state their name and where they are from and One fun thing they have coming up

*Conversation Agreements*

* **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others’ experiences have shaped their values and perspectives.
* **Show respect and suspend judgment.** People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
* **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
* **Be authentic and welcome that from others.** Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same.
* **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
* **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the “time out” sign if you feel the agreements are not being honored.

*Round one*

What are you hoping to gain from this conversation?

*Round Two*

* Are there cultural implications that you believe may prevent people from Breast/Chest feeding?
* Do you believe hearing the phrases “Breast is Best” or “Fed is Best” is harmful for families with a new infant at home? \*reactionary phrases\*
* Do you believe that breast/chest feeding is the free or cheaper option to formula feeding?
* When you hear the phrase “Breast is Best”, what does it make you feel and/or think of?
* Has the conversation around breast/chest feeding impacted you in doula work? And if so, how?

*Round Three*

What is the most meaningful take away for you, from this conversation?

Will this change how you might support clients or even yourself in the future?

Has this affected the way you view breast/chestfeeding?

Resources:

<https://www.cdc.gov/breastfeeding/data/reportcard.htm>

<https://www.who.int/health-topics/breastfeeding#tab=tab_1>

<https://www.who.int/health-topics/breastfeeding#tab=tab_1>

Not Scholarly Support, but it is important to view “on the ground” sides of the debate

<https://www.todaysparent.com/baby/breastfeeding/yes-breast-is-best-but-its-time-to-retire-that-phrase-once-and-for-all/>

[http://breastfeedingworld.org/2017/04/fed-up-with-fed-is-best/#:~:text=Saying%20that%20%E2%80%9CFed%20is%20Best,campaign%20in%20the%20first%20place. HYPERLINK "http://breastfeedingworld.org/2017/04/fed-up-with-fed-is-best/#:~:text=Saying%20that%20%E2%80%9CFed%20is%20Best,campaign%20in%20the%20first%20place.&text=800%2C000%20infant%20lives.,Not%20feeding"& HYPERLINK "http://breastfeedingworld.org/2017/04/fed-up-with-fed-is-best/#:~:text=Saying%20that%20%E2%80%9CFed%20is%20Best,campaign%20in%20the%20first%20place.&text=800%2C000%20infant%20lives.,Not%20feeding"text=800%2C000%20infant%20lives.,Not%20feeding](http://breastfeedingworld.org/2017/04/fed-up-with-fed-is-best/#:~:text=Saying%20that%20%E2%80%9CFed%20is%20Best,campaign%20in%20the%20first%20place.&text=800%2C000%20infant%20lives.,Not%20feeding).