

June 02, 2009

Union Baptist Church, A More Excellent Way Health, Kaiser Permanente and the First 5 Solano plans to train 20 African American men and women in the art of breastfeeding support.

African American women are the least likely to breastfeed of all races. This fact is particularly distressful in light of the disparity in African American infant mortality and morbidity rates. African American babies are twice as likely as other babies to die before they reach their first birthday. Black infants also suffer disproportionately from asthma and eczema. All of these conditions could be improved by removing the barriers that prevent African American women from breastfeeding their babies.

African American women were experts on breastfeeding before the advent of formula. Since then their rates of breastfeeding have plummeted and the population has lost much of the knowledge, skill and support for breastfeeding. The goal of training African American peer counselors is to increase the breastfeeding knowledge, skill and support in the African American community by increasing Sister-to-Sister and Brother-to-Brother support for breastfeeding.

Thank you for your interest in becoming a community peer counselor, the training will provide you with breastfeeding and infant care knowledge, skill and supplies to become a breastfeeding peer counselor.

The training will be conducted on six Saturdays starting **January 16, 2010 from 9:30 – 1:30 pm at Union Baptist Church, 128 Encerti Avenue in Vallejo**. The subsequent dates of the training at the same time and location are:

**January 16, 2010**

**January 23, 2010**

**January 30, 2010**

**February 06, 2010**

**February 13, 2010**

**February 20, 2010**

If you would like more information about the training, contact Monique Sims at (707) 648-1247.