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## Complimentary Course and Parent Resources

***“Sharing Baby’s Behavior to promote Parent Confidence and Breastfeeding Duration”***  
***[Complimentary course available until September 15, 2025]***

### Instructions:

**How to access HUG Your Baby’s Complimentary Course, Continuing Education Certificate, Parent Resources and Course Outline**

**DOWNLOAD and SAVE this document!** You must refer to it—first to access the course, then to obtain your continuing education certificate, and finally to use the parent education resources.

### Access and begin course:

Click the link or QR code below to begin this course.

<https://vimeo.com/1108142434>



### Complete Course Evaluation and Obtain Certificate:

Once you have completed the one-hour course, click the link or QR code below to access the course evaluation. (You will be asked to confirm that you completed the entire one-hour course.) Once your evaluation is submitted you will immediately receive your continuing education certificate via email.

<https://forms.gle/LoDmpZ6rkjK6o5dn9>



### Access HUG's Digital Parent Resource Page:

As a gift for you during Global Breastfeeding Week, HUG Your Baby is providing you FREE access to our **Digital Parent Resource Page** for three months. Begin sharing this important resource with the parents you serve. Notice the relief they feel and the confidence that grows when they learn how baby's changing development impacts their parenting and breastfeeding experience.

Click the link or QR code below to access this parent education resource. You have free access to this resource until December 15, 2025. In December you can purchase ongoing access to the *Digital Parent Resource Page* [as an individual](#) or for [an entire organization](#).

<https://www.hugyourbaby.org/complimentaryparentresources>



### Course Disclosure, Outline & Bibliography

#### Disclosure

Jan Tedder BSN, FNP, IBCLC, researched, developed and is founder of HUG Your Baby. This international organization offers birth, lactation and parenting professionals evidence-based information, strategies and resources to enhance parent understanding of infant behavior and steps to breastfeeding success. The resolution of the perception of conflict of interest is clarified in the disclosure, which appears on the participants' handout and at the beginning of the presentation.

#### Outline

1. Definition, rates and variables impacting breastfeeding success
  - a. Rates in US - Ever: 81%; 6 months 59.8% 1 year 39.5%; Exclusive:m3 months 46.5%, 6 months 27.2% (CDC, About breastfeeding data, 2021)
  - b. Stress during pregnancy and postpartum (Oyetunji & Chandra, 2020).
  - c. Variable impacting breastfeeding success (Oggero et al., 2024)
2. Sharing Baby's Behavior impacted by Child Development, Pediatric and Lactation research
  - a. Child Development (Shonkoff & Phillips, 2000; McManus, 2020, National Academies Press, 2025):
    - i. "Either something's wrong or I'm a terrible mother." (Dobson, 2024)
    - ii. Responsive Parenting
      1. Steps to Responsive Parenting: Notice baby's behavior; Understand and Interpret baby's behavior; Take appropriate action (Eshel, 2006)
      2. Parent-child interaction is the building blocks of baby's social, emotional and intellectual development
      3. Breastfeeding increases baby sending out cues and mother responding, Shloim et al, 2017; Zhao et al., 2024; Hahn-Holbrook, et al.,2021; Savage et al., 2018)
      4. Responsive Parenting partner support promotes woman's sense of autonomy and self-efficacy and improves breastfeeding outcomes (Davidson & Ollerton, 2020)
    - iii. CDC Legacy for Children (CDC, Legacy for Children, 2021; Kaminski et al., 2013)
      1. Population: Prenatal to 5, high risk for anxiety, poverty
      2. Outcome: Decreased anxiety/depression, increased confidence
      3. Surprise outcomes: mother does more research, Increased advocacy for self and baby, increased community involvement
  - b. Lactation
    - i. Reading infant cues, Responsive Parenting & breastfeeding (Brown & Arnott, 2014; Ventura, 2017; Shloim et al., 2017; Savage et al., 2018; Hahn-Holbrook, et al., 2021; Zhao et al., 2024)
    - ii. Infant Feeding and Practice Study II (Fein, 2008; CDC, 2024)
      1. Identify why and when mothers stop breastfeeding

2. "My baby is not satisfied" at each stage
- iii. Perception of insufficient milk (Wood, 2021; Sandhi, 2020)
- c. Pediatric:
  - i. Helping parents understand baby's behavior (Høifødt et al., 2020; Leung & Suskind, 2020, Yago et al., 2023; Kristensen & Kronborg, 2018)
  - ii. Dr. T. Berry Brazelton's Neonatal Behavioral Assessment Scale (Brazelton & Nugent, 2011; Barlow et al., 2018) - Looks at 28 behaviors and 18 reflexes
  - iii. Brazelton's *Touchpoints* (Brazelton & Sparrow, 2006)
    1. A surge in baby's development causes disorganization in baby's eating, sleeping or general behavior (Brazelton & Sparrow, 2006)
    2. Surges are predictable
3. Language matters. (Burns, 2016)
  - a. Understand baby's states or "Zones" and "SOS" (Tedder, 2008; Tedder & Register, 2007)
    - i. *Resting Zone, Ready Zone, Rebooting Zone*
    - ii. "Almost" refers to in-between Zones
    - iii. Effective and challenging Zone Regulation
  - b. Understand physiologic stress response or "SOS" - Signs of Over-Stimulation
    - i. Neurons to Neighborhood research (Shonkoff, 2000)
      1. cortisol has negative impact on developing brain
      2. Lowers the threshold for stress response later in life
    - ii. Body SOSs: Change in color (red or pale), breathing – (irregular or choppy), movement – jerky or tremors
    - iii. Behavioral SOSs: *Switching Off* (gaze aversion); *Spacing Out* (going from the *Ready Zone* toward the *Resting Zone*); *Shutting Down* (going from drowsy to the *Resting Zone*)
    - iv. Video of sharing baby's SOS with parent of LPI and teen mom
4. Value of using technology for educating today's parents
  - a. "Using technology in education positively impacts the physical and mental health outcomes of women during the first year after birth." (Jaynes, 2022)
  - b. Mothers prefer video teaching (Raines, 2020)
5. *Roadmap to Breastfeeding Success* (HUG Your Baby, DPRP, 2025; Yago et al., 2023)
  - a. *Roadmap to Breastfeeding Success* identifies "bumps in the road"
  - b. Examples of "bumps in the road"
    - i. Prenatal – preparing to breastfeed and understand baby (Tedder, 2007; Oggero et al., 2024)
    - ii. Birth – feeding cues, who often to feed
    - iii. Two-weeks - increased crying (Oberlander & Rotem-Kohavi, 2019)
    - iv. One month – active and deep sleep
    - v. 4 month – distracted during breastfeeding
6. Research on helping parents understand baby's behavior
  - a. Impact on parents: Special Care mothers (Hunter et al., 2018), NICU fathers (Kadivar & Mozafarinia, 2013), teen mothers (Hughes, 2017), Japanese mothers (Shimpuku et al., 2022), WIC mothers (Tedder & Quintana, 2018; Wagner, 2021), prenatal breastfeeding class participants (Rippe, 2021)
  - b. Impact on professionals serving parents: Nursing schools (Alden 2018; Teague & Trotter, 2023), Japanese nurses (Shimpuku & Tedder, 2013; Lida et al., 2017), doulas/childbirth educators (Tedder, 2012), lactation providers (Tedder & Quintana, 2018), Late Preterm Infant Care (Costa et al., 2021; Teague et al., 2025)
7. Parent education resources and professional training
  - a. UC Davis. Human Lactation Center. (2025).
  - b. CDC's Developmental Milestone. (CDC, 2025)
  - c. Wonder Weeks. (Wonder Weeks, 2025)
  - d. Roadmap to Breastfeeding Success (HUG Your Baby, Online courses, 2025; HUG Your Baby, DPRP, 2025)

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