



World Breastfeeding Week 1st – 7th Aug

Theme Supporting Breastfeeding for a Healthier Planet

Locally our theme is making breastfeeding more acceptable in our communities and to understand the breastfeeding journey of Black, Asian and Minority Ethnic groups in our community. We need to do the work of learning and unlearning what we understand about how racism can influence a breastfeeding experience. By doing this, we hope you'll be more prepared to support yourself and others in their future breastfeeding journeys. Here are a series of activities that you can get involved in.

Sat 1 st	Sun 2 nd	Mon 3 rd	Tues 4 th	Wed 5 th Aug	Thurs 6 th Aug	Fri 7 th Aug
<p>Almost 60,000 people show their support for breastfeeding at this global synchronized breastfeeding event</p> <p>Be counted and show your support, join the 'Virtual North Wiltshire Big Latch On'</p> <p>10-11am</p> <p>Click on the link below then click participate</p> <p>Register for your invitation to be sent</p>	<p>If you're a breastfeeding mother, then take some time to celebrate what you are doing! If you are a breastfeeding supporter, THANK YOU!!</p> <p>Rise Breastfeeding mothers will be sharing their breastfeeding journeys throughout the week on the Children's Centre Facebook pages and Instagram. Please follow us.</p>	<p>North Wiltshire "Boobie Bake Off" Launch</p> <p>Bake and photograph your "Boobie" Cupcakes</p> <p>The more diverse the better! A cross-cultural celebration.</p> <p>Think diversity not an identical dozen!</p> <p>"Boobie" Cupcake winner announced Friday 7th</p>	<p>Read 'I Am Not Your Baby Mother' by Candice Brathwaite, which describes what it's like to be a black British mother. Challenge your thoughts on mainstream depictions of motherhood and diversity. Discuss with Mums, friends and colleagues who support breastfeeding about what 'normal' looks like for different ethnicities.</p>	<p>Launch of Virtual Mum2Mum North Wiltshire Breastfeeding Support Group</p> <p>1:30-2:15pm</p> <p>Call or email to be invited to the group</p>	<p>Group Discussion: Watch Unicef talk by Kimberly Seals Allers about BAME (Black, Asian, and minority ethnic) women's experiences of birth and breastfeeding, before attending a group discussion at 8.30pm</p> <p>Email: heatherkale@me.com to book</p>	<p>North Wiltshire Boobie Bake Off winner announced via Children's Centre Facebook pages</p>
<p>https://biglatchon.org/apps/location-detail/?location_id=3750&fbclid=IwAR1YxSsl4PeZYGe-R-3T6qJhlyPBCQpnOBGjSH9fMf1ZfpprZYwOqJjRjhY</p>	<p>Facebook https://www.facebook.com/therisetrust/</p> <p>Instagram https://www.instagram.com/the_rise_trust/</p>	<p>Email photos of your creativity to Deb Skilton: debs@therisetrust.org</p>	<p>Order https://www.amazon.co.uk/Am-Not-Your-Baby-Mother/dp/1529406277 or request to borrow from library</p>	<p>Tel: 01249 463040 Email: Debbie Stevens debbies@therisetrust.org</p>	<p>Video: Unicef talk by Kimberly Seals Allers: https://www.unicef.org.uk/babyfriendly/bame-women-in-birth-and-breastfeeding/ (50 minutes)</p>	<p>Facebook https://www.facebook.com/therisetrust/</p> <p>Instagram https://www.instagram.com/the_rise_trust/</p>

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