

Instructions for Baby Rest Stop Volunteers

Please arrive on time and work your entire allotted shift. Please allow 48 hours notice if you are going to be unable to fulfill your shift. Children/families are welcome to work the tent with you as long as they don't detract from the families we are serving. Please wear BABE or yellow t-shirt or dress professionally.

Set-up:

- Tent/ two side covers (if event is outside)
- BABE banners (use string to attach to tent sides)
- Table with changing pad, Clorox wipes and hand sanitizer on top
- Trash bag for diaper disposal (can hang on side of table or be underneath)
- Table with black BABE tablecloth for information, chair(s) for volunteer(s) and rug
- Brochure racks/Magazine Racks/Business Card Holder on information table
- Chair with foot rest and Boppy for nursing moms
- BABE email sign-up sheet and pen (Encourage moms to sign up with their e-mail address and to write comments about the BRS)
- Take framed sign (Says "Need somewhere to feed or change your little ones?") to information booth and ask them to display it.
- Bubble table/wands & refill with solution as needed.
- BABE yard signs

*Keep the bag of diapers/wipes and any give-aways under the table, so they are only given to the people who need them.

For all families:

- Give out BABE business cards and ask people to add us on Facebook (www.facebook.com/BABE.Breastfeeding.Coalition), Twitter (@babebreastfeedingcoalition) and Instagram (@babebreastfeedingcoalition). Let them know we update when we are doing Baby Rest Stops and other events.
- Give out Chop Chop magazine (full of fun and healthy recipes and ways to get kids into the kitchen).
- Give out any give-away items (if we have them) and breastfeeding stickers

For expectant or Nursing Moms only:

- Hand out Text 4 Baby cards to expectant moms and let them know they will get updates on baby's progress throughout their pregnancy & baby's 1st year
- Hand out Your Guide to Breastfeeding magazine
- There are WIC, Breastfeeding Essentials, Nursing Nook, etc. brochures available as needed
- If the nursing or pregnant mom is going back to work, give her the Mother-Friendly Business designation flier. (You can ask if her business is mother-friendly and encourage her to have them apply for our designation).
- Tennessee breastfeeding law cards. (You can encourage Mom to keep this card in her purse in case she is questioned about her right to breastfeed).
- We have Medela tear-off sheetSs with specific information on going back to work, pumping, etc. if moms have specific questions. If you do not feel comfortable answering questions asked, there are business cards for several area lactation professionals in the rolling cart and you can refer them to one of them.

Take-Down:

- If you are leaving the table, remember that people will grab whatever is out so be cautious of how much you leave and try to hide the rest under the table.
- If an event is more than one day, the tent can generally be left up overnight. The tent sides are kept in the tent bag and all four should be velcroed to the tent before leaving.

If you have any questions or problems, call Jilian at 423-342-8008. Thank you for your help!