

Ideas for Teen Bulletin Boards

Place a brochure holder filled with *Let's Talk About Teens and Breastfeeding* brochures in an appropriate place on each bulletin board. Or you could display teen bookmarks, #13-10, in the same way. You could put a small sign next to the brochures or bookmarks that says: "Take one!" Or have teen handouts available near the bulletin board for clients to pick up and take home.

Sample Bulletin Board #1:

1. Use large, bright-colored letters to spell out the title: "Ask a teen mom how she feels about breastfeeding, and she'll tell you!" Place this on the upper left side of bulletin board as shown in the sample.
2. Ask three or four breastfeeding teen participants and/or peer counselors in your local agency if you can display pictures of them and their babies with a quote beside each photo. Ask them what they think about breastfeeding. Display a short, positive quote and bio beside each photo. For example: Brenda, age 15, nursing her daughter Andrea, shown here in the hospital three hours after her birth. "I didn't think I could do it, but when they put her in my arms, it just felt natural to nurse her." Or Ana, age 15, and her daughter, Gina, four months. "Don't let anyone talk you out of breastfeeding. It's an experience you don't want to miss out on!" or "I never thought I would breastfeed, but I'm so glad I did!" Scatter the photos and quotes in an eye-pleasing way across the bulletin board. You could put a "Smart Start I eat at Mom's" sticker next to each quote.

Ask a teen mom what she thinks about breastfeeding and she'll tell you!

