

# Walking Alongside Families in Breastfeeding Care: Tools and Strategies for Community-Based Support

February 25, 2026

10:00-11:30am MT

This presentation explores the role of breastfeeding and human milk in supporting health and preventing disease, and guides clinicians in creating positive, evidence-based breastfeeding messaging with clients. It examines influences on breastfeeding decisions and outcomes, including perinatal experiences, community and cultural supports, trauma-informed care, and the impact of breast-milk substitute marketing. Participants will also learn practical strategies for prenatal education, breastfeeding assessment, problem-solving, supplementation decisions, and referral and resource navigation.



## Learning Outcomes:

- Explain the role of breastfeeding and human milk in health promotion and disease prevention for lactating parents and infants
- Apply an informed feeding decisions framework to support culturally safe, trauma-informed infant feeding discussions, recognizing how clinical, community, cultural, and social factors influence breastfeeding decisions and outcomes
- Identify tools, practical strategies, and resources used in breastfeeding assessment and intervention, navigating supplementation decision-making, and involvement of other supports

## Speakers:

**Cristine Kitzman, RD, IBCLC** - Cristine is a Registered Dietitian and International Board-Certified Lactation Consultant with Alberta Health Services. She is a member of Yellowknives Dene First Nation and currently living on Treaty 8 Territory in northern Alberta. Cristine has worked in pediatrics for close to 10 years, taking a special interest in providing breastfeeding support to families and in supporting healthcare providers with acquiring knowledge and skills to care for breastfeeding families



Target Audience: Community workers and healthcare providers working with families who intend to and are breastfeeding

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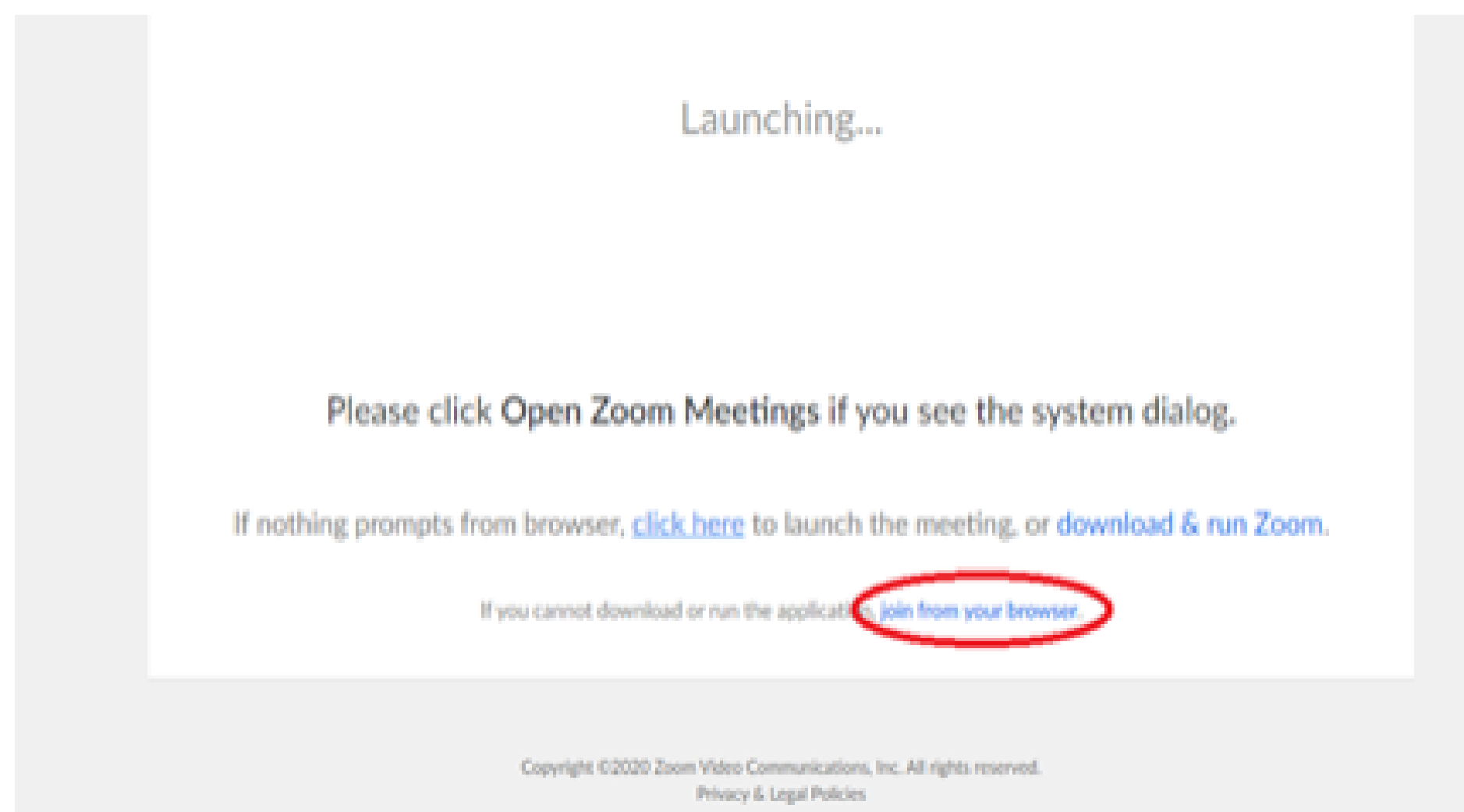
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