



HEALTH & WELLNESS



BORN TO BE BREASTFED

WITH
MARIE BIANCUZZO RN MS IBCLC

Dreaming of becoming an IBCLC?

We can help you make that dream come true.

Born to be Breastfed

New shows weekly

**April 6th 2020: Sleeping With Your Baby:
Science and New Guidance from Experts**

Let's talk frankly about how you feel about sleeping with your baby. Maybe you've heard that sleeping with your baby is a bad idea—even dangerous. Maybe you're afraid to tell anyone you really do sleep with your baby. Maybe you're vaguely aware of the recommendations issued by the American Academy of Pediatrics over the past several years. But have you read the new statement on sleeping with your baby published by the Academy of Breastfeeding Medicine? And if you're a provider, are you wondering what to tell your patients? Join Marie and her special guest, Helen Ball BSc, MA, PhD, who was an

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Featured Guest



Helen Ball

Helen Ball trained in Human Biology and Biological Anthropology, obtaining her PhD at the University of Massachusetts, Amherst in 1992. She established the Parent-Infant Sleep Lab at Durham University in 2000, was promoted to Professor in 2007 and served as Head of the Anthropology Department 2013-2016. Her research examines the sleep ecology of infants and their parents including attitudes and practices related to infant sleep, behavioral and physiological monitoring of infants and their parents during sleep, infant sleep development & the discordance between cultural sleep preferences and biological sleep needs. In 2016 she was appointed as Chair of the Scientific Committee for the Lullaby

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