



Nurturing Mothers

Breastfeeding Advocacy Australia
Birth | Nurse | Nourish

Be informed, be empowered: Your body, your baby

Becoming a Nurturing Mothers Mentor

Please note: Training to become a Nurturing Mothers Mentor (NMM) is primarily to become a volunteer with Nurturing Mothers Breastfeeding Advocacy Australia (NMBAA) to support and educate our members and community to breastfeed in accordance with normal anthropological biology and being aware of the impact of contemporary marketing and influence.

But we can't deny how proud we are that our training has been recognised by the International Board of Lactation Consultant Examiners as fulfilling the requirements to be included in the list of organisations that fit the criteria for 'Pathway 1: Recognised Health Professionals and Recognised Breastfeeding Support Counsellors'.

The meaning of 'nurture'

Noun: the action or process of nurturing someone or something

Verb: care for and protect someone (or something) while they are growing (whether that is a baby or the mother)

"With proper focus during early nurture, one can grow into a secure being ..."

—Ella Pearson Mitchell

Thank you for your enquiry about becoming a Nurturing Mothers Mentor (NMM). NMBAA firmly believe that an experienced mother who respects the autonomy and wisdom of mothers who have been doing this for millennia, is usually all another mother needs as she grows into her role as a nursing (breastfeeding) mother.

If you are interested in becoming a Mother Mentor you will be required to become part of the Breastfeeding Advocacy Australia (BAA) and NMBAA community both online (Facebook and virtual meetings) and local face-to-face meetings where they are available as a means of support for the NMBAA community and a way we can get to know you.

Our mentor volunteers have:

- first-hand experience of the social barriers that mothers go through to breastfeed a baby to natural weaning
- introduced solids in accordance with World Health Organization's guidelines
- breastfed at least one baby to natural weaning
- used gentle mothering (skin-to-skin cuddles, attending to a baby's cry, breastfeeding to sleep, baby wearing, co-sleeping, contact napping, baby-led weaning when introducing solids, natural weaning, maternal instincts and acceptance) as these natural acts help to protect, promote and support the breastfeeding relationship.



Our mentor volunteers are nurturing mothers who want to nurture other mothers to help create more nurturing mothers.

You will:

- be a financial member of BAA
- be active in our NMBAA community
- need a recommendation from an NMBAA member in good standing
- need to submit a story to the Breastfeeding Experiences Project as part of your application to train.

Most of your breastfeeding knowledge will be what you have learnt along your own breastfeeding journey and from the successful breastfeeding experiences of other women. Our structured training ensures that you, as a mentor, understand what mothers need in the way of knowledge and protection to breastfeed and give you resources and strategies to work with mothers experiencing breastfeeding difficulties.

So, once you are a qualified Nurturing Mothers Mentor we are able to provide you with the opportunity to volunteer with us* to obtain lactation specific clinical practice hours towards obtaining your certification via Pathway 1 and you will be supported in our caring community with continuing education.

- * Volunteer hours will be NMBAA Facebook community engagement, virtual online and/or local face-to-face meetings. Mothers may be allocated their personal NMM and contact could be through an agreed mode of communication such as Messenger, emails or phone calls.

Details about our mother mentors can be found on our website here:

<https://breastfeedingadvocacyaustralia.org/nurturing-mothers-mentor>